



**L**oe here's the Authors Shadow, passe  
it by;  
These Lines his Substance, will in Part  
descry.  
Gaze not upon his Shade unlesse to see,  
And learne thereby, that all Men Sha-  
dowes be.





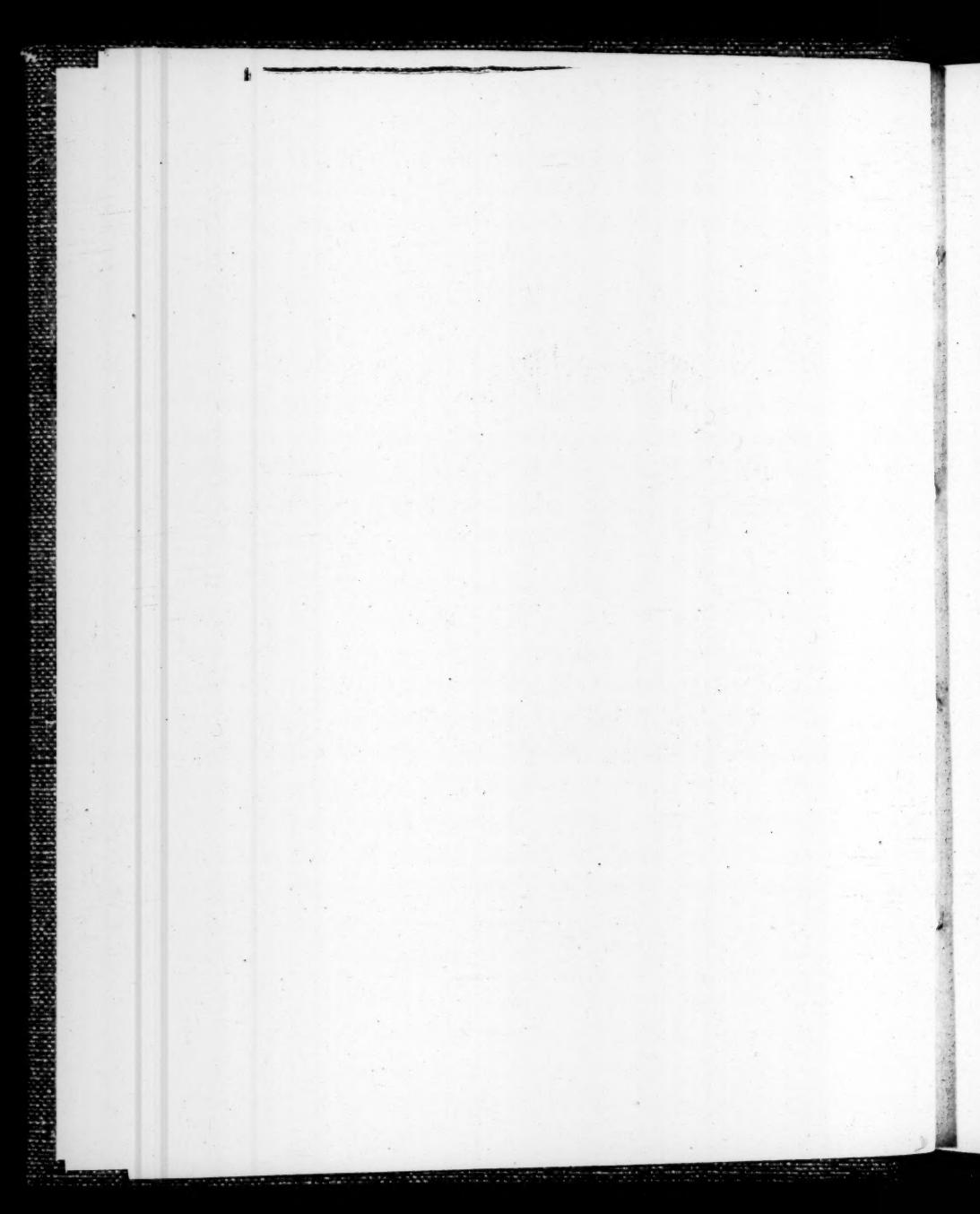
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Gaze not upon his Shade unlesse to see,  
And learne thereby, that all Men Sha-  
dowes be.





---

*All flesh is grass, the best men vanity:  
This, but a shadow, here before thine eye,  
Of him, whose wondrous changes clearly show,  
That GOD not men, savayes all things here below.*



Wing P4013

# MOVNT-ORGVEIL:

OR  
DIVINE AND PROFITABLE MEDITATIONS, RAISED FROM  
The Contemplation of these three Leaves of  
Natures Volume, 1. ROCKES, 2. SEAS, 3. GAR-  
DENS, digested into three distin& Poems.

To which is Prefixed, a Poeticall Description, of *Mount-Orgueil Castle* in the  
*Isle of Jersey.*

---

BY WILLIAM PRYNNE, Late Exile, and  
Close Prisoner in the sayd Castle.

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A Poem of *The Soules Complaint against the Body*; and  
*Comfortable Cordialls* against the Discomforts of Imprisonment, &c. are hereto annexed.

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Psalme 19. 14.

Let the Words of my mouth, and the MEDITATION of my Heart, be acceptable in thy sight, O Lord my Strength, and my Redeemer.

Psalme 143. 5.

I remember the dayes of Old; I MEDITATE on all thy Workes; I muse on the Worke of thy hands.

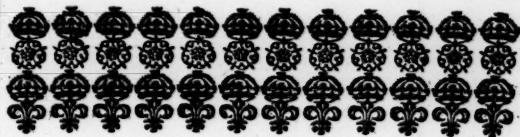
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LONDON,

Printed by Tho. Cotes, for Michael Sparke Senior, dwelling at the blue Bible in Greene Arbor 1641.



N



TO  
The Right Worshipfull his  
ever Honoured worthy Friend, Sir  
**PHILIP CARTERET** Knight, Lieutenant  
Governour and Bayliffe of the *Isle*  
of *Jersey*.

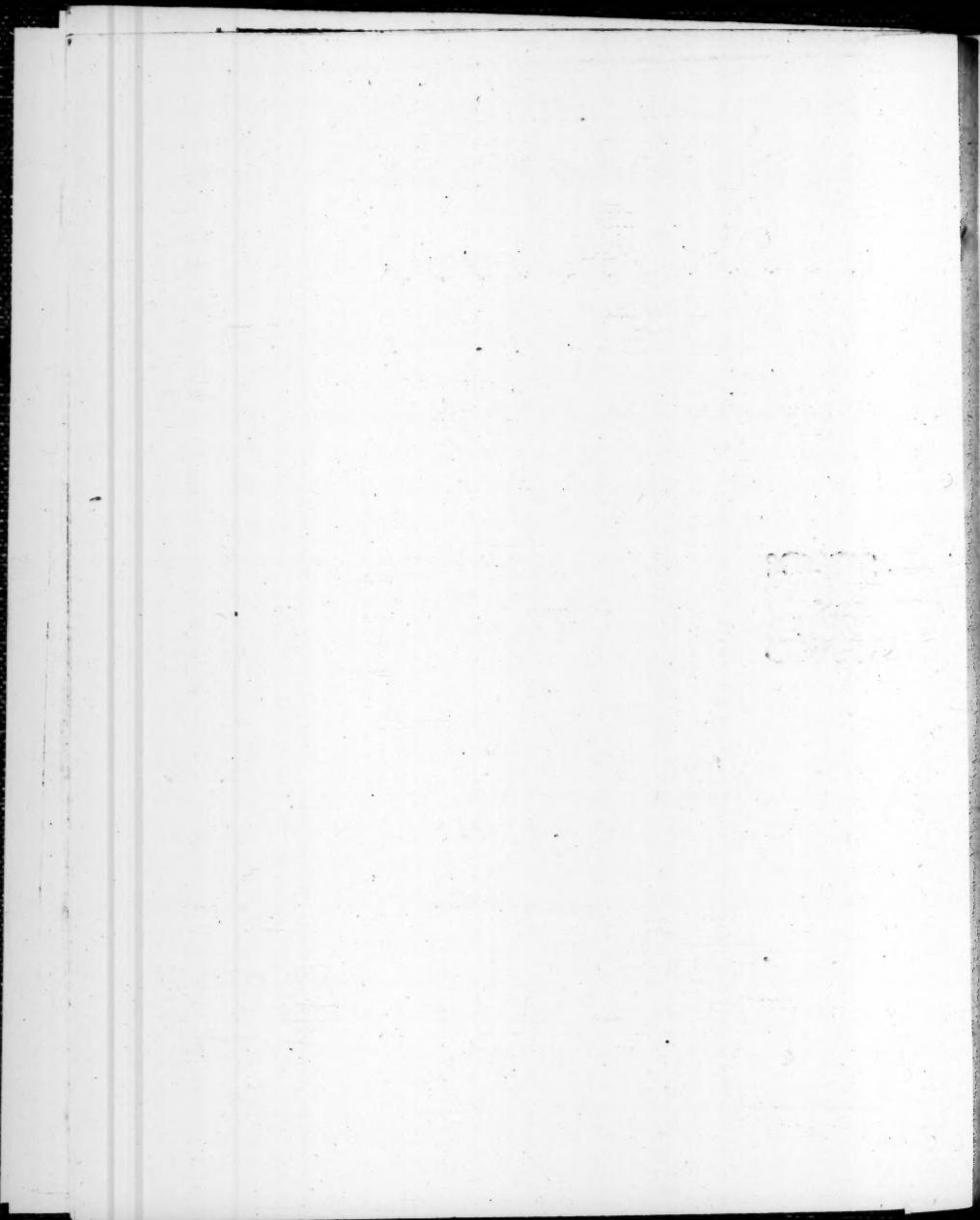


IR, Your great Favour and Huma-  
nity  
To Me whiles Exile, Prisner in *Jersey*,  
Wholy secluded from all Friends ac-  
cuse,  
Under the angry Frownes of their Greatnesse  
Who sent Me thither, to deprive me quite  
Of worldly Comforts; challenge a just Right  
To these rude *Meditations*, which there grew,  
And so in Justice are your proper Due.  
Accept them than, as a small Pledge of my  
Thankes unto You, till Oportunity  
And better Dayes, enable me to finde,  
Some other meanes to pay all that's behinde.

*Your Eternally Obliged*

*Friend and Servant*

WILLIAM PRYNNE.



TO  
THE CHRISTIAN  
READER,

**S**Hut up Close-Prisoner in Mount-Orgueil Pile,  
A lofy Castle, within Jersie Isle,  
Remote from Friends, \* neere three yeares  
space, where I  
Had Rockes, Seas, Gardens dayly in mine Eye,  
Which I oft viewed with no small delight,  
These pleasing Objects did at last invite  
Me, to contemplate in more solemne wise,  
What usefull Meditations might arise  
From each of them, my soule to warme, feast, cheare,  
And unto God, Christ, Heaven mount more neare.  
In which puruite, I found such inward Joyes,  
Such Cordiall Comforts, as did over-poise  
My heaviest Crosses, Losses, and supply  
The want of all, Foes did me then deny,  
Give me assurance of a sweete Returne  
Both from my Exile, Prison, and mine Urne:  
Revive my cold dead Muse, and it inspire  
Though not with brightelt, yet with Sacred fire:  
Some Sparkes whereof rakt up in Ashes then,  
I layd aside, for want of Inke and Pen:  
But now enlarged by the mighty hand  
Of that sweete God, who both by \* Sea and Land  
In sundry Prisons, Countries, kept me so  
In health and comfort, that I met with no

\* I arrived in  
*Jersy, January*  
the 17. 1637.  
and received  
the Tydings of  
my enlargement  
thence by war-  
rant from the  
Parliament  
*November 17.*  
1640. the same  
day of the Mo-  
neth, I there  
first landed.

\* Isa. 43.2. Psa.  
66.12. Pf. 139.  
9.10. Josh. 1.5.  
9.

\* I was first committed Prisoner to the Towe of London, Feb. 1. 1632. where after two removals to the Fleete for a short space, I remained Prisoner till July the 27. 1637. & was then remov'd to Carnarvan Castle in Northwales, where I arrived August the 5. and was there kept close Prisoner till I was by special warrant shipped & sent close Prisoner for Jersey, Octob. the 10. 1637. where I arrived no till January the 17. following. From whence I departed by Warrant from the Parliament, Novemb. 19. 1640. and landed at Dartmouth Novem. 22. came into London Novemb. 28. was presented to the Commons House Novem. 30. where my Petition was read Decem. 3.

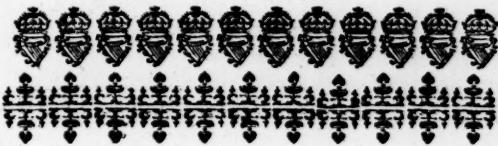
## To the Reader.

One day of Sickenesse, Sadnesse, Discontent,  
In \* eight yeares Troubles, and Imprisonment:  
(Which I relate, that all may blesse his Name  
For his great Mercy, and expect the same  
Support and Presence of our God in all  
Those sharpe Afflictions which may them befall,  
As I have found, by sweete experiment  
To my surpaſſing Solace, and Content:)  
I have blowne up these buried Sparkes a new,  
And here present them to thy Christian view,  
(Kinde Reader) to the end that thou mayſt be  
Refreſht with those Thoughts, which refreſhed me,  
And Steele thy Soule with Faith, Hope, Confidence,  
Againſt all Carnall ſcares and diſſideſſe,  
With that which made Me to expeſt with joy,  
That bleſſt Enlargement I doe now enjy.  
From my long Durance, Censures, Banishment,  
Whiſh God hath made a freſh, sweete Monument  
Of hiſ Almighty power, that all thereby  
In all their Troubles and Adverſitie,  
May leaue with Faſh, Hope, comfort to depend  
On God, who in due time Release will ſend.  
Thy Comfort, Profit is all I deſire,  
Next to Gods glory, Lord, let the ſweete fire  
Of thy good Spirit by theſe Lines conuoy  
Such Flames of Love, zeale, Comfort, Grace, & Joy  
Into each Readers ſoule, that it be my ſee  
Theſe Meditations were inſpir'd by Thee.  
If any profit, fruit, thou from them gaine,  
O pray for him, who ever ſhall remaine

Thy Unſained

Christian Friend

WILLIAM PRYNNE.



A  
POETICALL DESCRIPTI  
ON of Mount-Orgueil Castle in  
the Isle of Jersey, interlaced, with  
some briefe *Meditations* from  
it's rockie, steepe, and lofty  
Situation.

**M**ount Orgueil Castle is a lofty pile,  
Within the Easterne parts of Jersey Isle,  
Seated upon a Rocke, full large & high,  
Close by the Sea-shore, next to Normandie;

Neere to a Sandy Bay, where boats doe ride  
Within a Peere, safe both from Wind and Tide.  
Three parts thereof the flowing Seas surround,  
The fourth ( North-welt-wards ) is firme rockie  
ground.

A proud High-mount it hath, a Rampeir long,  
Fourre gates, fourre Posternes, Bulwarkes, Sconces strong,  
All built with Stone, on which there mounted lye,  
Fifteene cast peeces of Artillery;  
With sundry Murdering Chambers, planted so,  
As best may fence it selfe, and hurt a foe.  
A Guard of Souldiers ( strong enough till warre  
Begins to thunder ) in it lodged are;

A

Who

## A Poeticall Description

Who watch and ward it duly night and day,  
For which the King allow's them *Monthly pay.*  
The *Gouvernour*, if present, here doth lye,  
If absent, his *Lieutenant deputy*.

\* F. H.

\* *A man of Warre* the keyes doth keepe, and locke  
The Gates each night of this high towering Rock.  
The Castle's ample, Aire healthy, and  
The Prospect pleasant, both by Sea and Land.  
Two boylstorous foes, sometimes assault with losse  
This *Fortresse*, which their progresse seemes to  
crosse.

The *Raging waves below*, which ever dash  
Themselves in pieces, whiles with it they clash,  
The *Stormy winds above*, whose blasts doe breake  
Themselves, not it, for which they are too weake.  
For why this fort is built upon a *Rocke*,  
*And so by (a) Christ's owne verdict free from shooke*  
*Of floods and winds; which on it oft may beate,*  
*Tet never shake it, but themselves deafeate.*

(a) Mat. 7, 24,  
25.

(b) Ps. 2.9. Re.  
2.17. Mat. 2.1.  
44

Thus potent Tyrants, whiles they strive to quash.  
Christ's feeble members, oft (b) themselves quite dash  
*To shivers, gainst the Rocke Christ, upon whom*  
*They safely founded stand what ever come.*

A Rocke too high for floods to reach; too strong,  
Too firme for fiercest winds to shake, though long  
They beate upon it, with a roaring sound,  
And blustring stormes, to cast it to the ground.

This Castles (\*) *haughty name*, and lofty seat,  
(Enough to puffe up minds not truly great,)  
Portend at first, that pride it selfe should dwell  
Within it: or such who in pride excell;

Since *haughty (c) Tyres*, (d) *places too oft find,*  
*Or make at least a proud and haughty mind.*

But though this vice in former times (perchance)  
Might here reside, and her proud throne advance;  
Yet now shee's banisht hence with all her traine,

And

(\*) Mount Or  
gueil, signifies a  
proud Mount;  
or Mount of  
pride.

(c) Rev. 18.7.  
Dan. 4. 26,27,  
28. A&R. 12,22,  
23. Psal. 73. 6.  
Ezck. 16.49.  
(d) Obadiah. 3.

## of Mount-Orgueil Castle.

And long be it ere she returne againe.

Now nought but meeknesse and humility  
In mind and habit, mixt with charity.

(The trueſt (e) enſignes of a noble Race ;  
And pious heart) adorne this ſtately place,  
Let worthleſſe upſtarts, beggers, peafants vile  
Be proud and haughty : this high mounted pile,  
Poſſeſt by thoſe of better Birth, Blood, Place,  
Ignoble pride ſhall never once Imbrace ,  
When Chrift (g) the patteſte of Humility  
Would teach this virtue, to a (b) mountaine high  
He forthwith goes : and thence exhorteth all  
To ſeekē this grace ; fly pride, by which they (i) fall ,  
Shewing hereby, that pride more oft doth dwell  
In (k) loweft valleyes, and the meaneſt Cell ;  
Than in the greatest Mounts, Men, Minds ; who  
(l) hate

This vice, and bumble are in highest ſtate.

Whence can you better learene Chrifts leſſon now  
Than in this Mount, where Humbleneſſe doth grow.  
In great and ſmall, with other vertues bright,  
Which grace theſe walls, and to the Iſle give light?  
O let this Castle on a Rocke Inure.

Our ſoules to (m) build on Chrift, A Rocke moſt ſure:  
A Castle, Fortrefſe, Bulworke, Hold and Towre  
Above the reach of Foes, or humane powre.  
And let this Mount, up which we daily climbe,  
Advance our thoughts to objeſts more ſublime ;  
Yea (n) Mount our ſoules, hearts, minds, to things above  
The highest heavens, with the wings of love ,  
Faith, fervent prayers, ſighs, teares, Psalms of praise  
Both day and night. Thus ſpending all our dayes  
In (o) heau'n whiles here on earth wee breath; that ſo  
Wee may from (p) hence to it in triumph goe.  
What though the way be (q) narrow, craggie, ſheepe,  
Up which we cannot runne with eaſe, but creepē

(e) Pro. 15.33.  
c. 18.12. Phil.  
2.5.10.10. Col.  
3.11.1 Pet. 3.5.  
Prov. 22.4.  
Zeph. 2.3.

(g) Mat. 11.  
29.c.21.5. Phil.  
2.5.10.10.

(b) Mar. 5.1,3,  
5,7.

(i) Prov. 16.18.  
c. 29.23. Isa.

25.11. c.28. 1.  
3. Dan. 4.37.

26.10.30. Jam.

4.6. Zeph. 2.10.

(k) Isa. 3.5. 1  
Tim. 3.6.

(l) Prov. 8.13..

(m) Eph. 2.20.  
21.22. Mat. 7.  
24.25. 1 Pet. 2.  
4,5,6. Psal. 18.  
1,2.

(n) Col. 3.1,2.  
3 Theſl. 5.16,  
17,18,23. Col.

3.16,17.

(o) Phil. 3.20.  
Eph. 2.6.

(p) Luk. 16.22.

(q) Mat 7. 14.  
Luk. 13.24.

## A Poeticall Description, &c.

(r) Act. 14. 22.  
Rev. 7. 14. 1  
Thess. 3. 4.  
(f) Mat. 19. 29.  
2 Cor. 4. 17.  
(t) Ps. 16. 11.  
Hab. 5. 1. 11.  
(u) 2 Cor. 4. 17.  
2 Tim. 4. 8.  
(x) 1 Cor. 2. 9.  
(y) Revel. 1. 5.  
Heb. 9. 12. c.  
10. 19.

With paine and toyle, encountering (r) sundry foes,  
*Great crosses, losses, and a world of woes;*  
The top once wonne, is pleasant ; where the Gaine  
*A (f) Thousand-fold surmounts our losse and paine,*  
There shall we ever dwell in (t) perfect joy ;  
*Free from all dangers that may us annoy ;*  
*(u) Crowned with blisse and glory, which(x) transcend*  
Our largest thoughts, and never know an end.  
Thither Christ bring us, whose most (y) sacred blood  
Hath purchased Heaven, for our Endlesse good.

F J N J S.

ROCKES  
IMPROVED,  
COMPRISING  
CERTAINE POETICALL  
MEDITATIONS,  
Extracted from the contemplation of the Nature and Quality  
of ROCKES; a barren and harsh Soyle,  
yet a Fruitfull, and Delightfull sub-  
iect of Meditation.

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By VVILLIAM PRYNNE, late Exile, and close Prisoner in Mount-Orgueil Castle in the Isle of Jersey.

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Psal. 18.2.31.46. 2 Sam. 22.23.32.

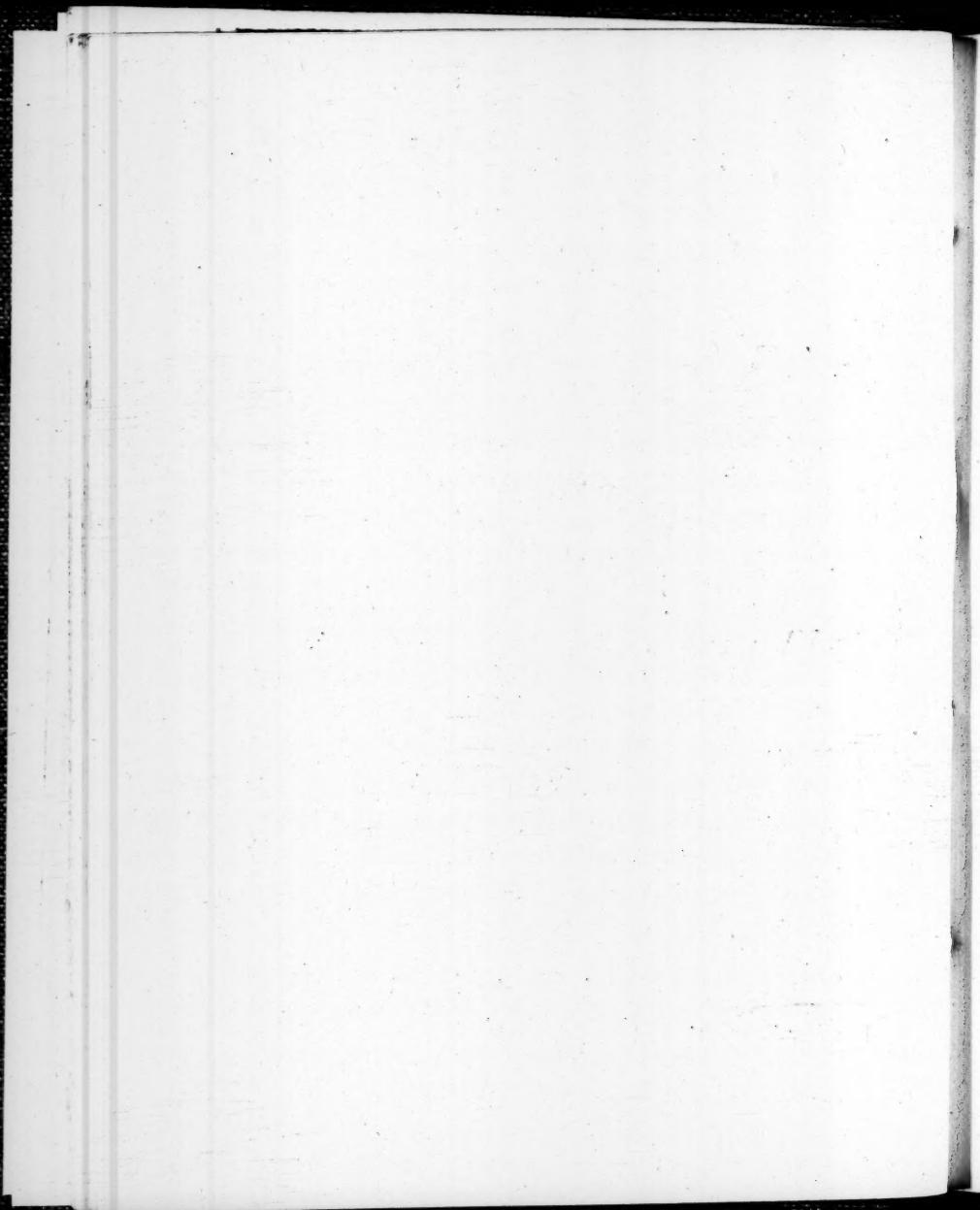
*The Lord is my Rocke and my Fortresse, and my deliverer, my God, my strength in whom I will trust, my buckler, and the borne of my Salvation, and my high Towre; my Saviour, thou savest mee from violence. Who is a Rocke save our God? The Lord liveth, and blessed be my Rocke, and let the God of my Salvation be exalted.*

Psal. 40. 1, 2, 3.

*I waited patiently for the Lord, and hee inclined unto mee, and heard my cry: He brought mee also out of an horrible pit, out of the miry clay, and set my feet upon a Rocke, and establisht my goings, &c.*

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London, Printed by T. Cotes for Michael Sparke, dwelling at the blue Bible in Greene Arbor. 1641.



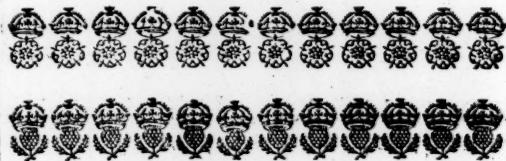
TO THE RIGHT WOR-  
shipfull his most highly honoured,  
speciall kind Friend, the truly vertuous,  
and religious *Lady, Anne Carteret,*  
wife to *Sir Philip Carteret Knight:*  
*Lieutenant Governor, and*  
*Bayliffe of the Isle of Jersey.*

**M**adame, *Vouchsafe to owne and patronize*  
*These Meditations, which did first arise*  
*Within those walls, which your bright vertues*  
*grace,*  
*And fittid were for that (\*) high rockie place*  
*The Poem's like the Subject, barren, rude,*  
*Uncompt, yet wholesome to an heart renu'd:*  
*Your kind acceptance will it crowne, and raise*  
*Above its worke, and be the Poets Eyes:*  
*Who for your Noble Favours whilſt that bee*  
*Remain'd close Prisoner, Exile in Jerſe.*  
*Sequestred from all friends accessē, ſhall rest*  
*Whiles any sparkes of life ſtay in his Breſt*

(\*) Mount Or-  
gueil.

Your Ladiships most obliged, most  
devoted friend and servant

WILLIAM PRY NNE.

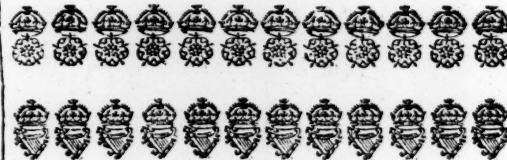


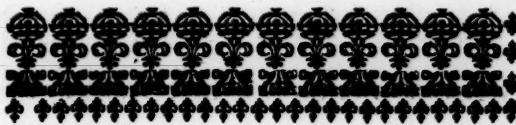
Courteour Reader, I shall request thee to correct  
these few *Preſe errors*, which have ſcaped in  
ſome Coppies in my absence.

Errata.

Page 1. line 1 o. for the, read *this*. p.3.l.12.r. *make*. p.18.l.3.  
when *whom*. l.6. them. r. *bim*. p.19.l.8. to r. *in*. p.32.l.24. of, on.  
p.33.l.18. finne, *weeds*. p.34.7. they, *theſe*. p.47.l.5. muſt, *mucb*.  
p.65.l.15. be, *tie*. p.71.l.19. *greatest*. p.82.l.21. *loſe*, *cloſe*. p.83.  
l.13. *others*, l. p.93.l.21. *fined*, *fixed*. p.95.l.22. and, *Obl*. l. 23.  
Satan, *Satin*. p.98.l.25. them, *hen*. l.27. *flations*, *paſtions*. p.103.  
l.15. over, *ever*. p.108.l.21. thee, *shey*. p.119.l.6. to, *or*. p.125.l.  
23. arriv'd, *arm'd*. l.25. *flattering*. p.149.l.6. ſhall, *ſhould*. p.  
164.l.1. the, *tben*. p.165.l.13. th one, *tbine*. p.169.l.11. prints  
*paints*.

Printers oft erre, but not as other men;  
Their Errors are corrected with a Pea.





# ROCKES IMPROVED.

Comprising certaine Poeticall  
Meditations, extracted from the con-  
templation of the Nature and Qualities of  
*Rockes*; a Barren and Harsh *Soyle*, yet a  
Fruitfull and Delightfull *Subject* of  
Meditation.

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## THE PROEME.

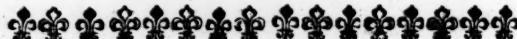
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Hen from the lofty \* Castle I  
espie  
The ragged Rockes, which round  
about it lye;  
My Working thoughts begin  
from thence to raise  
Some (<sup>a</sup>) *Meditations*, to their  
Makers Praise,  
And mine own Profit: which my heart may warm,  
Yea mount to Heaven, and vaine fancies charm.

\* *Moun-Or-  
guil.*

(a) Psal. 77.12.  
Psal. 19.14.  
Psal. 143.5. Psal.  
104.34.



## Meditations of the first Ranke, Pa. rrellelling Christ and Rockes to gether.

**A** Nd first, the Rockes doe lively represent  
**A** A complete Image, full of sweete content,  
Of Christ our Rocke; sith that both They and He  
In Name and Nature fitly doe agree.  
Are they cal'd Rockes? So he in sacred Writ  
**A (b) Rocke is fil'd**, in these regards most fit.

## I.

The Stony Rockes no other Father know  
But God *who made them*, from whose (**c**) *word they flow*  
So Christ (both God and Man) no Father knowes  
But (**d**) *God eternall*; from whose Loines he flowes  
By such a (**e**) *Generation or exceeds*  
*Mens shallow Thoughts*, and in them wonder breeds.

## 2.

Rockes are the (**f**) *firmeſt ground whereon to lay*,  
*And found ſuch buildings as ſhall not decay*.  
But laſt and ſtand in ſpite of Floods, Stormes, wind,  
Which may beate on them, yet no entrance finde,  
So (**g**) *Christ is the onely Rocke, the tryed ſtone*  
*On which the Church is built*: On Him alone  
Our Soules ſo ſafe, fast, firmly, founded lye,  
That they ſhall stand for all eternity  
Unſhaken, undemolift, *m iugre all*  
*The (h) Stormes, Floods, Winds, that on them beat & fall*  
Though

- (b) 1 Cor. 10.  
4. Psal. 18. 2. 31.  
46. Ps. 28. 1. Ps.  
31. 3. Psa. 42. 4.  
Psal. 62. 2. 7. Psal.  
71. 3. Ps. 89. 26.  
Psal. 92. 15. Ps.  
94. 22. Psal. 95.  
1. Deut. 32. 31.  
2 Sam. 22. 2. 3.  
32. 47.
- (c) Psal. 148. 5.  
Ioh. 3. 3.
- (d) Ioh. 5. 17.  
18. Ioh. 8. 16.  
18. 19. 28. 38.  
41. 49. 54.
- (e) Ioh. 1. 14.  
c. 3. 16. Act. 13.  
33. Heb. 1. 5. c. 1.  
5. 5.
- (f) Mat. 7. 24.  
25. Luk. 6. 47.  
48.
- (g) Isa. 28. 16.  
Mat. 16. 18. 1  
Pet. 2. 3. 4. 5. 6.  
7. Psal. 118. 22.  
Act. 4. 11. 1 Co.  
3. 11. Ephes. 2.  
20. 21.
- (h) Mat. 7. 24.  
25. c. 16. 18.  
Rom. 9. 35. 10.  
39. 2 Pet. 1. 10.  
Psal. 125. 1. 2  
Cor. 4. 7, 8, 9.  
1 Cor. 10. 13.

Through Men or Devils Malice : Happie they  
Who on this firme Rocke, all their buildings lay.

## 3.

*Rockes yeeld the sweetest (i) Honey, Men to feede :*  
*The (k) sweetest honey comforts, Joyes proceede*  
*From Christ our Rocke, Mens drooping souls to cheare*  
*And sweeten all sowe Crosses which they bear.*

(i) Psal. 81.16.  
Deut. 32.13.  
(k) 2 Cor. 1.3.  
4,5,6. Psal. 71.  
21. Cant. 2.5.  
Isa. 40.1. C. 51.  
3. C. 61. 1,2.

## 4.

All precious Stones, and Jewels Rocks doe breed:  
*All Gemmes and Pearles of Grace from (l) Christ proceed*  
The first, our Bodies decke, but for a space;  
The last, our (m) Souls, with an eternall Grace.  
The first, in Mans eyes are a lovely sight ;  
The last in Gods eyes makes us shine most bright.  
O let us then, these Jewels onely prize,  
Which make us (n) comely in Gods sacred eyes.

(l) Ioh. 1. 16.  
Rev. 3.18, Col.  
2.2.39.  
(m) Psal. 45.9.  
13. 14.1 Pet. 3.  
3.4,5.1 Tim. 2.  
9.10. Cant. c.1.  
to 8.  
(n) Ezech. 16.  
8. to 15. Cant.  
2.1,2. c.4. Eze. 2.  
&c. c. 5.1 to 8.  
(o) Deut. 8.9.  
Iob. 28.2.  
(p) Col. 2.2.3.  
9. Ioh. 1.15.16  
Ephes. 3.8.18.  
19.

## 5.

The richest Mines of Silver, Gold, Tin, Lead,  
*Brasse, Copper, in the wombes of (o) Rockes are bred :*  
Whence not digg'd out with pains, they uselesse lie  
And none are better'd, or enricht thereby.  
Thus all the Mines, and Treasures of Gods Grace  
*Are (p) hid in Christ, as in their proper place.*  
Yet none doe happie, rich, or wealthy grow  
By these hidde Treasures, though they overflow;  
But those who take much (q) paines to dig them thence  
*With Prayers, Teares, Faith, Hope, and Patience.*  
O let us then be ever drawing Oare  
Out of our Rock Christ, in whom there's such store

(q) Prov. 2. 3,  
4,5 Mat. 13.44,  
45, 46. Rev. 3  
18. c. 22. 17.  
Ioh. 1. 15. 16.  
Mat. 7. 7. 8. c.  
21. 22. Iam. 5.  
7,8. Rom. 8.24.  
25.

(r) Rev. 3. 18.  
c. 22. 17. If. 55.  
1. 2. 3 Ioh. 7. 37.

Of richest golden Mines, that all (r) who will  
*May there their Soules, and Bagges for ever fill.*

(s) Deut. 8. 15.  
Psal. 105. 41.  
Psa. 8. 14. 8. Ifa.  
48. 21. Ps. 104.  
10, 11, 12, 13.  
(t) Ioh. 19. 34.  
1 Joh. 5. 6. 8. c.  
1. 7. Rev. 1. 5.  
Heb. 9. 14. Eph  
5. 26. 1 Cor. 6.  
11. Eph. 1. 5. 2.  
13. Heb. 10. 19.  
c. 13. 12. 20. 1  
Pet. 1. 19.  
(v) Exod. 17.  
5. 6. Num. 20.  
10. Deut. 8. 15.  
Neh. 9. 15. Psal.  
78. 16. 20. Ps.  
105. 41. Psal.  
114. 8. Ifa. 48.  
21.  
(w) 1 Cor. 10.  
4.  
(y) Joh. 19. 34.  
1 Joh. 5. 6. 8.  
1 Joh. 1. 7. Rev.  
1. 5. c. 22. 17.  
Ioh. 7. 37. Eph.  
5. 26. Ifay. 55.  
1. 2.  
(x) 1. Cor. 10.  
4. Gal. 3. 1.  
(a) 1. Cor. 10. 4.

## 6.

The purest, best, and pleasantest waters spring  
Out of (f) Rockes sides; which sweete refreshment bring  
To Man and Beast, whose Thirst they quench and stay,  
Their bodies bathe, and wash their filth away.  
Thus from our Rocke Christ, and his pierced fide,  
Such peareleſſe Streames of (t) Blood and Water glide,  
(To ſave, bathe, cleane, refresh all broken Hearts,  
And quenche hell flames, with Sathans, fiery Darts:)  
As farre ſurpaſſe the pureſt Streames that flow,  
From all the Rockes, or Fountaines here below.  
And now (me thinks) (v) the Rocke in wildernesſe  
*Whence streames of waters gulfed to redrefſe,*  
*And quenche the Peoples Thirſt, when Moſes Rod*  
*It ſmote, and piercēd by command from God.*  
(Yea every Rocke whence Criftall waters ſpring)  
A lively (z) Picture war, and is to bring  
Our Rocke Christ to our Mindes, and to present  
Him to our eyes, and Hearts with great content:  
From whose piercēd Hands and fide with Nayles  
and Speare,  
Whole (o) Streames of preciuſſe Blood, and waters cleare  
Did ſweetly flow, Gods wrath to quench, allay,  
*His peoples Thirſt, and waſh their ſinneſſ away.*  
We neede not then a Crucifixe, to bring  
Christ to our Mindes, ſith every Rocke and Spring  
That floweres from thence, doth in more (z) lively  
Present Christ and his Paſſion to our Eyes; (wife  
Let Papists then behold their painted ſtictes;  
Each Rocke to me shall be a Crucifixe,  
As (a) God bath made it: and ſhall teach me more,  
Than all the Pictures of the Roman Whore;

Which

Which are meere (**b**) *Idoll, heathenish vanities,*  
And (**c**) *teach nought else, but Errors, Sinnes, and Lies.*

7.

*Rockes yeld a pleasant (**d**) shade against the Heate,  
The scorching Sun and Stormis that on Men beate;  
Which sweete Refreshment to the weary brings,  
And cooles them more than any limpid Springs.*

*Christ our Rocke is a sweete refreshing (**e**) shade  
Against all Heates that scorch, all sinnes that lade  
His Saints; whose weary Sinne-burnt Soules can gaine  
No (**f**) rest but in his shade, which ends their paine;  
Yea fills them with such (**g**) Peace, Joy, Chearefullnesse,  
That they an Heaven here on Earth possesse.  
O let us still abide in this blest shade,  
Where-with our soules are eas'd, and happy made.*

8.

*The Holes and Clifts in Rockes to which Men (**b**) flye  
In times of Danger, for Security;  
Paint out the Holes, Clifts, wounds in Christ's pierc'd*

(**i**) *side*

*Fete, Hands, wherein our Soules may safely hide  
Themselves against all stormes that Devils, Hell,  
World, flesh, or Sinne can raise up, them to quell.  
O let us to these blessed Holes, Clifts flye  
For Shelter, and in them both live and dye.  
Yea let each Hole and Clift which we espie  
In Rocks, present Christs wounds, Holes, to our Eye,  
And so imprint them in our Hearts and Minde,  
That they may still sweete Solace in them finde.*

(**b**) Psal. 135.  
15. 16. 17. 18.  
(**c**) Jer. 10. 8.  
9. Hab. 2. 18.  
Zech. 10. 2.  
Isay 41. 29.  
(**d**) Isay 32. 2.  
Joh. 4. 5. 6. Job  
7. 2.

(**e**) Isay 25. 4.  
5. c. 4. 6. Cant.  
2. 3. Psal. 17. 8.  
Psal. 36. 7. Pf 57.  
1. Psal. 91. 1.  
Hosea. 14. 7.  
(**f**) Mat. 11.  
28. 29. 2 Theff.  
1. 7.  
(**g**) Isa. 35. 2. 10.  
Rom. 14. 17. C.  
15. 13. Gal. 5.  
22. 1 Pet. 1. 8.  
(**b**) 1 Sam. 13.  
6. c. 23. 3. 4.  
Judg. 20. 45.  
47. Ila. 2. 10.  
19. 21 c. 7. 19.  
c. 57. 5. Jer.  
16. 16. Rev. 6.  
15. 16. Jer. 13.  
4.  
(**i**) Joh. 19. 34.  
Ila. 15. 4. 5. Pf.  
27. 5. Pf. 143. 9.  
Cant. 2. 14.

(k) Mat. 7. 25.  
 26. Job 6. 12.  
 c. 19. 24.  
 (l) Heb. 13. 8.  
 Ps. 102. 12. 26.  
 27. Mal. 3. 6.  
 Jam. 1. 17. Rev.  
 1. 8. 17. 18.  
 Heb. 1. 11. 12.  
 (m) Psal. 102.  
 12. 25. 26. Heb.  
 1. 11. 12. Isa. 2.  
 22. c. 26. 14. c.  
 40. 6. 7. Dan. 4.  
 and 5. and 10.  
 & 11. & 12. 2  
 Chron. 36.  
 (n) Heb. 13. 8.  
 (o) Rom. 6. 9.  
 10. Rev. 1. 8.  
 17. 18.  
 (p) Psal. 73. 25.  
 Ps. 119. 57.  
 (q) Psal. 27. 10.  
 Eph. 1. 23. Col.  
 3. 1. 1. Cor. 15.  
 28. Psal. 90. 1.  
 (r) Num. 24.  
 21. Judg. 15. 8.  
 c. 20. 45. 47. 1.  
 Sam. 23. 25. Ps.  
 94. 22. 1 Sam.  
 13. 6. c. 24. 2.  
 Isa. 2. 10. 19. 21.  
 c. 17. 19. c. 53.  
 16. Jer. 4. 29.  
 c. 16. 16. c. 48.  
 29. c. 49. 16. c.  
 51. 25. Obed. 3.  
 4. Rev. 6. 15.  
 16.  
 (s) Psal. 18. 2.  
 3. 4. 8. Ps. 31. 3.  
 Ps. 61. 2. Ps. 94.  
 22. Deut. 32. 4.

9.

*Rockes* seldomē (k) weare or waſte, but last and know  
*No changes*, while *Things*, *Seas* still ebbe, and flow  
 About them. So our Rocke *Christ* lasts for aye  
*Without all Change*, both (l) *yester day*, *to day*,  
*And still the same* for all eternitie,  
 When all things else decay, waxe, old and dye.  
*Friends*, *Parents*, *Kindred*, *Goods*, *Lands*, *Cities*, *States*,  
*Kings*, *Kingdomes*, *yea the world*, have (m) *all their Fates*,  
*Falls*, *Changes*, *Periods*; and doe passe away;  
 Whiles *Christ* our Rocke stands firme at the  
 (n) *same stay*.

*No change*, *age* (o) *death can on him seaze*, or *lite*,  
*He still continues in the selfe-same plignt*,  
*O let us then make Him our onely (p) stay*,  
*Friend*, *Treasure*, *Portion*, who thus lasts for aye,  
 Then when all *Friends*, *Helpes*, *Stayes*, *Hopes*  
 else faile, *He*  
*Alone* (q) *more than all these to us will be*.  
 Oh prize *Him* most who doth all else excell,  
 And still remaines when they bid us farewell.

10.

*Rockes* are to Men the (r) *strongest*, *safest* *Fence*,  
*Fort*, *Refuge* in all *Dangers*: and from hence  
 Most *Castles*, *Townes*, *Forts* on them settled are,  
 Which guard whole Kingdomes, both in Peace  
 and war;  
*To these men in all places use to flye*  
*For ayde and shelter in extremitie*,  
 And is not *Christ* our Rocke, the strongest Mound,  
 The *safest* (s) *refuge* of his *Saints*? who found  
 Then

Their Forts, strength, fafty upon Him, and flye  
 To him alone in all their Miserie?  
 Where they in fifty live, and dare defie  
 Both Men and Devils with securitie.  
 O let us then on Him alone repose  
 Our Soules, who will (t) protect them from all foes.

11.

*Doves, Eagles, Cories, Fish in (v) Rockes doe breed,*  
*Build, dwell and hide themselves : Christis choosen seede*  
*In (x) Him alone breed, build, dwell, live, and hide*  
*From all such Perills as shall them betide.*  
 Let this their wisedome teach all others grace  
 In this Rock Christ, their Strength, Nels, Homes to  
 place.

12.

*Rockes have no outward (y) forme nor comelineesse*  
*To make them lovely. (z) Scripture is expresse*  
*That Christ our Rocke had none, whence most (a) despise*  
*Him whiles they view Him but with carnall Eyes.*  
 And yet as Rockes, though ragged, vile and bare  
 In outward forme, containe within them rare  
 And precious Jewels, Stones, Mines, of all Kinds,  
 So though our Rocke, Christ, unto carnall Minds  
 In outward shew seemes base; yet in *Him* lie  
 The (b) richest Treasures, Mines, Gems, hid from eye :  
 O judge not then by (c) outside, since corse skinne  
 And rags oft times have Treasures, Pearles (d) within,  
 Whiles guilded Outsidies (like a (e) painted Grave)  
 Nought else but Dust, Drosse, Dung, within them have.

- (t) 1 Pet. 4. 19.
- 2 Tim. 4. 18.
- Ioh. 10. 28. 29.
- (v) Cant. 2.
- 14. Pro. 30. 26.
- Numb. 24. 21.
- Job 39. 28. 29.
- Psal. 104. 18.
- Jer. 48. 28.
- (x) Joh. 15.
- 1. to 8. Cant. 3.
- 14. Isay. 25. 4.
- Pl. 32. 7. Pl. 11. 9.
- 119. Isa. 32. 2.
- (y) Isa. 2. 21.
- Ezech. 26. 4.
- (z) Isa. 53. 2. 3.
- Pla. 22. 14. 15.
- 16. 17. Isa. 52.
- 14.
- (a) Isa. 53. 3.
- Mark. 9. 12. Pl.
- 118. 22. Mat.
- 21. 42. Act. 4.
- 1. Joh. 1. 10.
- 11.
- (b) Ephes. 3. 8.
- Col. 1. 16. 17.
- 18. c. 2. 9. 10.
- Eph. 1. 23. Ioh.
- 1. 16.
- (c) 1 Sam. 16. 7.
- (d) Jam. 2. 5.
- Plal. 45. 13. 1.
- Pet. 3. 4. Rom.
- 2. 28. 29.
- (e) Mat. 23. 27.
- 28.

13.

Rockes fence the Land against the raging Seas,  
Which else would swallow it with speed, and ease.  
So (f) Christ defends his Church and feeble Sheepe,  
*Gainst Devils, Tyrants, Wolves; who else would sweepe*  
*Them cleane away, and speedily devoure,*  
*If not protege d by his Mighty Power.*  
O give Him then the praiie of this sweete Grace  
Who thus preserves us safe in every place.

14.

(g) Jer. 16.19.  
Psal. 18. 1. 2.  
Psal. 9. 9. Psal.  
46.1.2. 3. Psal.  
62.7.8. Isa.25.  
4. Heb. 6.18.  
Psal.60.15.

Rockes oft times Harbours make for Ships to ride  
In safty both from Pirats, Stormes, winds, Tide.  
So Christ our Rocke, an (g) Harbour is to all,  
*Who flye to Him, and for helpe on him call*  
*In all their Troubles; where they may repose*  
*Themselves in safty, maugre Stormes, or Foes.*

15.

(h) Judg. 15.8.  
c.20.45.1 Sam.  
13. 6. c. 23.  
25. c. 24.2. Isa.  
2. 10. 19.21.  
(i) Mat.28.20.  
Pf.34.18. Psal.  
145.18. Rom.  
10.6. 7.8. Act.  
10.35. Psal.18.  
1.2.

Rockes through the world neare hand dispersed lie  
*For Men to (h) flye too, in extremitie.*  
Christ in (i) all places is still neare at hand,  
*A Rocke to shielde, and guard his chosen Band,*  
*In all their Dangers, and perplexities,*  
Thrice happy he who in him fenced lies.

16.

*God well accepted in most gratefull wise,*  
*And by some wonder grac'd the Sacrifice*

*Which*

Which holy Men upon bare (*k*) Rockes did lay,  
And offer to him; not on Altars gay:  
Thus God those Praises, Almes, Teares, Prayers, Cryes,  
(A Christians best and onely (*l*) Sacrifice)  
Doth most regard, and them alone approve  
Which laid on (*m*) Christ our Rocke, doe from Him move,  
And mount to Heaven (*n*) sweetned with the fume  
Of his rich Odors, which their stincke consume.

17.

Altars of old were built on (*o*) Rockes; to shew  
That we no (*p*) Altar else but Christ should know;  
And that all Altars, Offerings must proceede  
From Him, or else theyle stand us in no steede.  
Those Altars then are built bnt on the (*q*) Sand,  
And sure to fall, which on Christ doe not stand;  
As none doe now, sith (*r*) Christs death overthrew  
All Altars but Himselfe, both old and new.

18.

No lasie, fearefull Persons can ascend  
Steepe Craggie (*s*) Rockes, but onely those who bend  
Their Mindes, Force, Might thereto, who hardly get  
Vpon them but with earnest paine and sweat,  
Nay falls, oft-times, and Bruises: so all those  
Who (*t*) fلوathfull are, with Christ can never close:  
A Rock so Narrow, craggie, steep, Sublime (*Climbe*),  
That, none, with Ease, with Paines, (*v*) few can Him  
Meeting with (*x*) many Rubbes, Falls, Bruises, ere.  
They climbe upon Him, and a building rare.  
O then let all who thinke this Rocke to mount  
Of Paines, Sweat, Fals, Rubs, crofes, make (*y*) account.

C

And

- (*k*) Judg. 6.20.
- 21. c. 13. 19.
- 20.
- (*l*) Psal. 51.17.
- Heb. 13.15. i.
- Pet. 2.5. Phil. 2.17. c. 4.8. Pl. 107.22. Rom. 12.1.
- (*m*) Heb. 13.15.
- Col. 3.17. Joh. 13.13.14. c. 16.
- 24.26. i.
- (*n*) Rev. 5.8. c. 8.34.
- (*o*) Judg. 6.26.
- c. 13.19.20.
- (*p*) Heb. 13.18
- Rev. 16.9. c. 8.3. c. 9.13.
- (*q*) Mat. 7.26.
- 27. Luk. 6.47.
- (*r*) Heb. 7.12.
- 13.14. to 28. c. 8. & 9. & 10. c.
- 13.14. Joh 3.1. Cor. 9. 13. 14. c. 10.
- 16.20.22. c. 13.
- 24. to 37. Col. 2.10 to 22.
- (*s*) Amos. 5.12.
- 1Sam. 14.4.13.
- Jer. 4.29.
- (*t*) Mat. 25.26.
- Rom. 12. 11.
- Heb. 6.12. Pro. 21.25.
- (*v*) Mat. 7. 19.
- 14. Luk. 13.24.
- (*x*) Joh. 16.33.
- Act. 14. 22. i.
- Thef. 3.4.
- (*y*) Luk. 14. 28.
- to. 34.
- (*z*) Deut. 6. 5.
- Luke. 13.23.

## Rockes Improved.

(x) Deut. 6.5.  
Luk. 13.24.  
(a) Mar. 24.  
42. c. 26.41.  
Mar. 13. 37.  
Luk. 21.36.  
(b) Rom. 13.  
14.Luk.22.46.  
1 Thel. 5. 6.7.  
Eph. 5. 14.  
(c) 2 Thel. 5.  
17. Eph. 6.18.  
Rom. 12. 12.  
Act. 6. 4. Luk.  
21. 36.  
(d) Ps.40.2.Ps.  
61. 2.  
(e) Mat. 4.13.  
15.18. c. 8.24.  
26. 27. c. 13.1.  
c.14.24,25.26.  
c.15.29. Mar. 2.  
13.c.3.7.c.4.1.  
c.5.1.21. c.7.  
3. Luk. 6. 17.  
c.21.15.Joh.6.  
1. 16.18.c.21.  
1.  
(f) Mat. 8.27.  
Mar. 4.41.Luk.  
8.25. Mar. 14.  
33.  
(g) Ma.14.25.  
26.Mar. 6. 43.  
49.Joh.6.19,  
29.

And then addresse themselves with(x) all their might  
Unto this worke, which will their paines require.

19.

Rockes are too Hard, on which to sleepe secure :  
And they must(a) watch, not sleepe whom Christ keeps  
sure.  
Those who intend on this Rocke safe to lye,  
Mult(b) shake off sleepe, with all security :  
Watching and(c) praying alwayes night and day,  
Left world, flesh, Devill them surprize and slay.

20.

*Rockes in, or neere the Seas, and waters are;*  
And doe their heads, most part(d) above them beare:  
So Christ, our Rocke, on earth did oft reside  
*Neare to the Sea; yea, on it, walke and ride:*  
*Lifting his Head above the proudest See,*  
And calming all their raging waves with ease :  
To shew that He was(e) Supreme Lord of all  
The world, when Seas and floods before Him fall;  
Yea, prove a footestoole for his feete to tread,  
And(g) walke upon in safity, without dread.  
All other Rockes in waters sincke, Christ Sails,  
Swimmes, walkes upon, and over them prevaleis.

21.

(b) Judg. 15.8.  
c.20.45. Sam.  
13. 6. c. 24.2.  
c.23. 25. 26.  
Isa.2.10.19.21.  
c.7. 19. Jer. 4.  
29.

Most, ragged Rockes contemne, neglect, forsake,  
Untill some(h) Dangers force them to betake  
Themselves unto them for securitie,  
And then they prayse, and highly magnifie

Those

Those Rockes they held before in such disgrace,  
As the most strong, sweete, best, and safest place.  
So, most this Rocke Christ quite (i) neglect, despise,  
Desert, abandon till (k) extremities  
Enforce them to Him, to protec<sup>t</sup> and free.  
Them from the Evills whiob they feare and flee.  
And then no place so sweete, safe, delicate  
As this our Rocke before left desolate.  
But yet as those who unto Rockes doe flye,  
Not out of love, but meere necessity,  
(l) Forsake them quite, when as their Dangers end;  
So, such whom Feares, or Perills force, and send  
(Not sincere love) to Christ our Rocke, (l) away  
Depart from Him, and will no longer stay,  
When as their Dangers, Troubles, Fears are gone,  
And most unkindly leave Him all alone.  
Hence may all Popelings Learne, that Multitude,  
Christs, or his Churches trubl doth (m) ill conclude.

22.

Rockes humble are, and never upwards tend,  
Mount, swell, but (n) downe their Heads and Motions  
bend.  
So Christ our Rocke, did (o) humble and abase  
Himselfe, but never sought high state or Place;  
Moving from Heaven downe to Earth below,  
To quench all Pride, and make men humble grow.  
Who then dares swell with Pride, or Haughtinesse  
When Christ, Himselfe did thus so low deprese;  
Though (p) King of Kings, and Lord of Lords, most  
High,  
Nay second Person in the Deity?

- (i) Isa. 53. 3.
- Pfäl. 118. 22.
- A&R. 4. 11. Mar.
- 9. 12. Joh. 1. 10
- II.
- (k) Mat. 11. 28.
- 29. 2 Chron.
- 33. 12. Hof. 5.
- 15. Psa. 78. 34.
- 35. 36. Isa. 55.
- 1. 2. Zeph. 3.
- 12. 1 Tim. 5. 5.
- (l) Psal. 78. 34.
- 35. 36. 37. Jer.
- 3. 10. Exod. 8.
- & 9. & 10. Judg
- 2. 17. 18. 19. c.
- 3. 10 to 16. c.
- 4. 1. to 6. c. 6.
- I. to II.
- (m) Mat. 7. 12.
- 13. 14. c. 20.
- 16. c. 22. 24.
- Luk. 13. 23.
- 24. 1 Pet. 20.
- 21. Rev. 3. 4.
- 1 King. 22. 6.
- to 29.
- (n) Exod. 15.
- 5. Nah. 1. 6.
- (o) Mat. 11. 29.
- Phil. 2. 5. 6. y.
- 8. Joh. 6. 15.
- 16. Eph. 4. 9.
- Heb. 2. 7. 9.
- Zech. 9. 9.
- (p) Phil. 2. 5. 6.
- 7. 8. 1. Tim. 6.
- 15. Rev. 17. 14.
- c. 19. 6. Deut.
- 10. 17.

(g) Num. 23.9.  
Iob. 39. 28.29.

(r) 2 Cor. 5.16.  
17.18. 1 Cor.  
2.7. to 16. Act.  
26. 18. 2 Cor.  
3.18. Col. 3. 1.  
2.3. Phil. 3. 7.  
8.9.20. Eph. 3.  
8.9.20. Eph.  
3:8.9.10.  
(t) Eccles. 1.2.  
14. 1. Ioh. 2.  
15.16.17. Phil.  
3.7.8. 9. Prov.  
23.4.5.

(t) Pro. 30.19.

(v) Mat. 4. 1.  
to 10. Lu. 4. 1.  
to. 10. Ioh. 14.  
30. Heb. 4.15.

(x) Mat. 4.2.3.  
4. Luk. 4.2.3.  
4.

High Rocks a pleasant (q) *Prospect yeld, whence Men  
Sea, Land, nay Heaven may the better Ken.*  
And with delight see farther, and farre more  
Than they on lower ground beheld before.  
Thus men high mounted on our Rock, Christ, view  
From thence, with most delight, such (r) *pleasant,*  
*new*  
*And glorious Sights of God, and things above*  
*As rap their soules, and make them sicker of Love.*  
Thence they behold all Earthly things below  
With other Eyes, and both discerne and know  
Them to be vile, base (s) *Drosse, meere vanity;*  
*And very small when view'd thus from on high.*

When (t) *Serpens upon Rockes doe creape or glide*  
*They leave no tract, way, steps, that can be spide.*  
When that old *Serpent Satan crept upon*  
*Our Rocke Christ, with his strong Temptation,*  
*He (v) nought prevailed, and no print, step, trace,*  
*Of him or his Assaults on Him tooke place.*

When Christ our Rocke for forty dayes and nights  
Had fasted, then the Devil incites  
To (x) turne stones into Bread, Himselue to feede,  
Which He denide, though then he bread did neede:  
Yet of his tender Mercy to Mankinde,  
And their poore soules, which are with hunger  
pinde,

He dayly turns a Rocke (*Himselfe*) to (1) *Bread*  
*Of life*, wherewith their hungry Soules are fed.  
 Yet, rather than his chosen, Bread shall neede,  
 The Rockes and Stones their Soules shall fat and  
 feede,  
 Nay feast with those sweete wafers, which their  
 Minde,  
 By (2) *Meditations* doth within them finde.  
 Let then our Hearts be right, we neede not feare  
 A (a) want of *Bread, Food, them to feede, feast, cheare,*  
 Since every Rocke and Ston's a Magazine  
 To feede, store, feast them still with *Bread Divine.*

26.

When God himselfe of his abundant Grace  
 Shew'd forth his glorious Presence, and blest Face  
 To Moses and Elias; he them plac'd  
 In (b) *Clifts or Caves of Rockes*, and there them grac'd  
 With this grand Honour, Him to view. When we  
 Gods sweetest (c) Face and Presence long to see,  
 Our Soules to ravish; we must stand, and hide  
 Within the Clifts of our Rock, Christs peirc'd side  
 (Which these Rockes doe but (d) figure,) the sole place  
 Wherein we may with Comfort view Gods face.  
 O let our Soules in these Clifts dwell and stay,  
 Wher God his (e) Face and presence doth display,  
 In such sweete manner, and such lively sort,  
 As will our Soules with Love and Joy transport.

27.

Rough ragged *Rockes and Stones*, cause Men to (f) fall  
 And stumble on them; yea, oft times withall,  
 Themselves to bruise, maim, breake, and hurt so sore,  
 Th't if they expire therewith, and rise no more;

C 3

(f) Joh. 6. 32.  
 10 64.(3) Psal. 77. 12.  
 Pl. 143. 5.(a) Psal. 34. 9.  
 10. Psa. 37: 25.  
 1 King. 17. 6: 7:  
 11: 12 - 13:(b) Exod. 33.  
 21. 22. 23. 1  
 King. 19. 9. to  
 16.(c) Mat. 3. 12.  
 Joh. 1. 18. c. 6.  
 46. c. 14. 7. 9.  
 (d) 1 Cor. 10.  
 4.(e) Joh. 14. 7.  
 9. 2 Cor. 5. 19.  
 20.(f) Isa. 8. 14. 15  
 Luk. 2. 34. Ro.  
 9. 33. 1 Pet. 2.  
 8. 2 Chron. 25  
 12. Zech. 12. 3  
 Psal. 141. 6.

Thus

(g) Isa. 8. 14.  
15. Luk. 2. 34  
Rom. 9. 33. 1  
Pet. 2. 8.

(h) Luk. 2. 34.  
Mat. 21. 44.

(b) Deut. 32.  
13. Job. 29. 6.

(i) Ezech. 11.  
19. c. 36. 26.  
(k) Mat. 11. 28.  
Psal. 41. 4. Mal.  
4. 2. Rev. 22. 2.

(l) Isa. 2. 2.

(m) Ephel. 3. 8.  
10. 19. 20. 1  
Cor. 2. 9. Col.  
2. 3. 9. c. 1. 19.

(n) Eph. 3. 18.  
19. Psal. 62. 2.  
6. 7. Psal. 73.  
25.

(o) Job 6. 12.  
Jer. 23. 29.

Thus Christ becomes to many a wicked one

*A (g) Rocke offensiv, and a stumbling stone  
Who on Him stumble, slip, and headlong fall,  
And dash themselves in pieces therewithall.*

O then beware how we against Him hit  
Spurne, stumble, who to ( ) shivers will us split.

28.

Some (h) Rockes of flint yeeld softest oyke, to swage,  
And supple hardēt swellings, when they rage.  
Heale wounds, and Ulcers; supplett Oyles of Grace,  
Which (i) soften hard Hearts in a little space;  
(k) Asswage our Paine, our Aches, wounds, sores cure,  
Proceede from Christ, a Rocke most firme and sure.  
Lord give us store of this soft Oyle, that we  
Our Hearts made soft, our wounds quite heal'd  
may see.

29.

The Mines and Treasures which in Rockes hid lye,  
(l) Excede Mans seare, and full discovery.

The Sacred hidden Treasures which doe dwell  
In Christ our Rocke, are so (m) unsearable;  
Vast, boundlesse, endlesse, that they farre exceede  
Saints largest thoughts and in them wonder breed.  
O let us still contemplate more and more (store.  
The (n) height, depth, length, breadth, of this searleſſe  
To fill our Soules with sweetest joyes, and make  
Them for the Love of theſe, all else forſake.

30.

Rockes are most Patient and doe not (o) complaine  
Cry, stir, though Tempests, Seas, Winds, Axes, Rain,  
Nay Sledges beat upon them, and them bruise,  
Break, hew, cleave, pierce, cut, lance, & much misuse.

So Christ our Rocke, endured (p) patiently,  
His Croſſe, wrongs, ſtrifings, Death without all cry,  
Complainte, resistance; like a Sheepe before  
Her ſhearer, which doth never bleate, ſtir, roare.  
O let all Christians now at laſt from (q) hence  
Learne to beare croſſes with like Patience.

31.

The (r) Floods, windes, stormes againſt the Rockes oft  
beate;  
They ſtill exposed are to Cold, or Heate :  
Sometimes the Seas ſurround & drown them quite  
And oft the yce and ſnow them hide from fight:  
So Christ on earth (t) assaulted was with windes,  
Floodes, Tempeſts, Heate, Cold, Croſſes of all Kindes,  
Which for a time did hide, immerge, at laſt,  
Quite overwhelme Him, till the Storne was paſt.  
What Christian then can thinkē himſelfe (t) ſecure  
From Stormes, Winds, Floods, iſh Christ did them  
endure?

32.

When Christ gave up the Ghost, the (v) Rockes did rent,  
The Death of this cheife Rocke for to lament:  
Yea, to beare witneſſe of his Deity,  
Who though he dy'd, made (x) Rockes in pieces flye.  
That Heart is harder, worse than Rock or Stone,  
Which Christs Death cannot rent, nor cauſe to  
moane.

Yea every (y) Rockie Heart muſt melt, rent, fall  
In pieces, when Christ ſhall it ſhake, ſmit, call  
By his Almighty Hand, or voyce; which make  
The hardest (z) Rockes and Hearts to melt, ſplit, ſhake.

Lord

- (p) Isa. 53. 7.
- Mat. 25. 6. c.
- 27. 12. Act. 8.
- 32. 2 Pet. 2.
- 23. Heb. 12. 2.
- Rev. 19.
- (q) 1 Pet. 2. 19.
- 10. 25. Rev. 12.
- 12. Rom. 13.
- 10. Jam. 1. 3. 4.
- (r) Mat. 7. 25.
- Luk. 6. 47. 48.
- (t) 1 Pet. 2.
- 22. 23. Heb. 2.
- 9. 10. 18. c. 4.
- 15. c. 12. 2.
- Marth. 4. 2. to
- 10. c. 27. and
- 28. Mar. 15. &
- 16. Luk. 23. &
- 24. Act. 2. 23. to
- 37. c. 3. 13. to
- 10. 22. c. 4. 26.
- 27. 28.
- (z) Joh. 15. 20.
- Mar. 10. 22. 23.
- 24. 25.

- (v) Mat. 27. 51
- (x) 1 King. 19.
- 11. Nah. 1. 6.
- (y) Ezech. 22.
- 14. c. 36. 26.
- c. 11. 19. Luk.
- 24. 32. Isa. 13.
- 7. Ezech. 21.
- 7. Jer. 23. 29.
- (z) 1 King. 19.
- 11. Joth. 2. 11.
- Amos. 9. 13.
- Nah. 1. 5. 6.

Lord let the Thoughts of thy Death quite relent  
Our Rockie Hearts, and move them to repent.

## 33.

- (a) Job. 6. 12.  
c. 14. 24.
- (b) Act. 2. 24.  
31. c. 13. 34.  
35. 36. 37. Psal.  
16. 10.
- (c) 1 Cor. 15.  
42. 43. 52. 53.  
54. 55. 56. Phi.  
3. 21.
- (d) Rom. 6. 9.  
10. 1 Cor. 15.  
42. 43. 52. to  
57.
- (e) Joh. 13. 2.  
Phil. 3. 21.  
Mat. 13. 43.  
Dan. 12. 3.

- (f) Mar. 26. 6. 7.  
Mar. 16. 6. 1
- Cor. 15. 4. 5.  
6. 12. to 23.
- (g) Heb. 1. 8.  
12. Psal. 145.  
13. 2 Pe. 1. 11.
- (h) Rev. 22. 5.

- (i) Mar. 15. 46.  
47. Mar. 27.  
6c. Luk. 23.  
53.
- (k) Gen. 3. 19.  
Eccles. 3. 10.
- (l) Isa. 53. 3.  
14 c. 4. 11.

*Rockes (a) seldom rot, corrupt, or putrefie:  
(b) Christ rotted not, whilst he in Grave did ly e;  
That to he might our rotten Corps thence (c) raise  
Free from corruption, Him for aye to prayse.  
O feare not then, though we retorne to dust,  
Christ at the last (d) will scoure off all our Rust,  
Dross, and Corruption; and our Corps restore  
To such a State, that it shall dye no more;  
But live in endlesse Glory, and excell  
The (e) shining Rayes, which in Starres, Moone, Sunne,  
dwell.*

## 34.

Rockes though they drownēd be, appeare againe,  
And fixed in their Places still remaine:  
So Christ, though Dead, and layd in Grieve, arose  
Againe the (f) third day, yea to Heav'n up goes,  
Above the reach of Floodes; where he on high  
Hath fixt his Throne for all (g) Eternity.  
Here shall this ever-liv'ing raised Rocke  
For ever (h) reigne amidst his chosen Flocke.

## 35.

Our Rocke Christ being dead entombed lay  
Within a (i) Rocke; when He grim death did slay.  
We, Dust and Earth, when dead, to (k) them returne:  
But our dead Rocke, a Rocke had for his Urne,  
Which Him receiv'd, and harbour'd even when,  
He Slaine, and quite (l) rejected was by Men.

O Rockes of Flesh, and Bowels, which first (<sup>m</sup>) rent  
Themselves, His bloody Passion to Lament !  
And then Him in their Bosomes lodge, and plac'd,  
When men Him slew, forsook, and most disgrac'd!  
O men (<sup>more</sup> <sup>n</sup>) hard than any Rocke, Flint, Stone,  
Who never, pitty, feele, regard, bemoane  
Christs cruell Death and Passion; nor receive  
Him, when the Rocks rent, and Him House-roome  
give !

O let us learne from hence, how hard, unkinde,  
Ingrate we are to Him, who still shall (<sup>o</sup>) finde  
*More pity, harbor, love, from Rockes than me,*  
*Untill our Hearts by Grace relented be.*  
And let this Thought our Hearts of Rocke now  
thaw,  
And Floods of bitter Teares out from them draw.

## 36.

In fine; when we consider that (<sup>p</sup>) *Christ lay*  
*Intombed in a Rocke; yet the third day*  
*Rose up from thence :* it makes each Hole and Cave  
We see in Rockes, no other but a Grave:  
And points us out the (<sup>q</sup>) *Place where we must lye*  
*Inter'd, ere long, and fits us still to (<sup>r</sup>) dye;*  
Which done, it then revives our soules againe  
With this sweet Thought, that we (<sup>s</sup>) *shal not remayne*  
*In Grave for ever; since our Saviour rose*  
*From thence againe, to rayse us, and all those*  
*Who are his Members, from the Dust, to (<sup>t</sup>) raigne*  
*In endless Blisse, where he doth now remayne.*  
Let these sweete Speculations ever cheare  
Our drooping Soules, and banish all their Feare.

D

Thus

(m) Mat. 27.  
51.

(n) Jer. 5.3.  
Ezech.3.5.

(o) Joh. 1.10.  
11. Mat. 8.20.  
Luk.9.58. Job  
24.7.8.

(p) Mar. 15.46.  
47. c. 16. 1. 2.  
3. Mat. 27.60.  
c. 28. 5.6. Luk.  
23.53.c. 24.6.  
7. Joh. 19.41.  
42. c. 20. 1.  
to 26.  
(q) Job. 17.1.  
13. Psal. 88.9.  
5.  
(r) 2 Tim.4.6.  
7.8. 1 Cor.15.  
31.  
(s) Psal. 19. 9.  
1C Act.2.32.c.  
13. 33. 1 Cor.  
15. 1 Thes. 4.  
14. to 18.  
2 Cor. 4. 14.  
Rom. 8.11.  
(t) Rev.22.5.

(v) 1 Cor. 10.  
4.

(x) 1 Cor. 11.  
25, 26, 29. Gal.  
3. 1. 1 Cor. 2. 2.  
Rom. 1. 19, 20.  
(y) Gen. 1. 26.  
27. c. 3. 1.c. 9.  
6. 1 Cor. 11. 7.  
Eph. 4. 24. Col.  
3. 10. Heb. 1. 3.  
c. 2. 11. 12. 13.  
14. 16. 17. Phil.  
2. 7. 8. 1 Joh. 3.

2. Joh. 1. 14. 30.  
(z) Psal. 62. 2.  
6. 7. Psal. 94. 22.  
Psal. 18. 2. 31. 1.  
Cor. 10. 4.  
(e) Lu. 14. 33.  
Mar. 10. 28. 29.  
Psa. 73. 125.  
(b) Rom. 14. 7.  
8. 2 Cor. 5. 8.

Thus Barren Rockes unto a pious Minde  
May fruitfull prove, if it (v) *Christ in them finde*;  
When they in Name and Nature thus expresse  
Unto the life, with Fruite and Pleasantnesse;  
Farre better than all Pictures which the Blinde,  
Dull Papists make, to bring them to their Minde,  
As if His (x) *Word, Workes, Sacraments, &c.*, (y) *Man*  
*The trueft, best Idea that we can*  
*H ave of Him*) with each Rocke, Stone they espie  
Were not enough to shew him to their eye,  
Without those Idols, which have thrust aside  
These better Pictures, and Christ from them hide.

## 38.

Blessed Lord Jesus who the (z) only Rocke,  
*And Refuge art of thine Elected Flocke,*  
Teach us thus sweetely to behold, and view  
Thee in each Rocke we see; for to renue,  
Melt, change, delight, rejoice our Hearts, & make  
Them out of love to Thee, all else. (a) forsake:  
Still (b) living, cleaving, dying unto Thee  
*The only Rocke, where they full Safe shall be.*

Medi.



Meditations of the second Kinde,  
comparing Rockes and Sinnes to-  
gether.

**A** Gaine, Me thinkes, the Rockes doe typifie,  
the nature of those Sinnes which in us lye.

1.

For first, all Rockes exceeding (*c*) Heavie are,  
*To those who them upon their shoulders beare :*  
Yet Light, not pondrous to their proper place :  
So, to all Hearts renu'd with saving Grace  
*All sinnes more (*d*) heavie than Rockes are, and seeme;*  
Though stony hearts them light and easie deeme.

2.

*Rockes pressē and bruise Them sore on whom they lye,*  
*And for meere anguish make them Roare and Cry.*  
Sinnes doe so too; when God doth once awake  
Mens soules, their Pressure makes them (*f*) roare and  
quake.

O then beware of Sinnes, which (*g*) bruise, oppresse  
Our soules, and worke nought else but their distresse.

(c) Pro. 27.9.  
Zech. 12.5. Isa.  
32. 2.

(d) Ps. 98.4.5.  
Job 6.3.4. Mat.

11. 28.

(e) Zech. 12.3.  
Dan. 2. 34.35.  
Prov. 27.3.21.

Chron. 25.12.

Ps. 137.9. Eccel.

10.9. Joh. 10.

11.

(f) Psal. 38. 1.  
10.11. Ps. 32.3.  
Ps. 22.1. Job. 3.

24. Ps. 88.1.2.3.

(g) Mat. 11.28.

Psal. 38. 8. 9.

Sam. 24.14.

(b) Exod. 15.  
 5.Neh. 7. 11.  
 Jer. 51. 63. 64.  
 (i) Psal. 9. 17.  
 Psal. 55. 15.  
 Pro. 5. 5. 2.Pet.  
 2.14. Isa. 24. 24.  
 (k) Heb. 12. 1.  
 Amos 2. 13.  
 Rev. 18. 21.  
 (l) Exod. 15.  
 16. 1 Sam. 25.  
 35.  
 (m) Heb. 3. 13.  
 Ezech. 3. 7.  
 Ephes. 2. 1. 2.c.  
 4. 18. 19.  
 (n) 2 Chro. 25.  
 12. Isa. 8. 14.  
 15. Psal. 141. 6.  
 Zech. 12. 3.  
 (o) Isa. 18. 15.  
 Jer. 18. 15. Isa.  
 24. 20. Jer. 8. 4.  
 12. c. 25. 27. c.  
 50. 32.  
 (p) Isa. 2. 21.  
 (q) Isa. 64. 6.  
 Ezech. 16. 3. 10.  
 40. Pro. 13. 5.  
 Gen. 49. 4.  
 (r) Ezech. 21.  
 25. c. 22. 27.  
 (s) Joh. 6. 70.  
 71. c. 8. 44. Aet.  
 20. 29. 2 Pet. 2.  
 22. Rev. 22. 15.  
 (t) Exod. 15.  
 16. Job 18. 4.c.  
 28. 9.  
 (v) Jer. 13. 23.  
 Rom. 7. 18. to  
 25. Zeph. 1. 2.  
 Jude 10. 11.  
 13. 13.

*Rockes sinke, and bend still (b) downe wards: Sins doe so,  
 Tending to (i) Hell the Place to which they goe:  
 Each day they sinke men lower than they were,  
 Till by degrees they item to Hell downe-beare.  
 Oh then betimes shake off these (k) weights, which press  
 And sinke our Soules to Hell, without redresse.*

## 4.

*Rockes (l) cold, hard, dead and senselesse are; (m) Sins make  
 All such, within whose Hearts they Lodgings take:  
 Beware then how such Guests we entertaine,  
 By which our Soules are deaded, hurt and Slaine.*

## 5.

*Rockes make men oft to stumble, slip, and fall;  
 And break their Bones, Limbs, Neckes, oft times withall:  
 Simes (o) doe the like. If then we would be free  
 From Slips and Break-neck-falls, we must them flee.*

## 6.

*Rockes are (p) deformed, horrid, barren, vile;  
 And so are (q) sinnes, with all whom they desile.  
 These make Men ugly, filthy, Steril, base,  
 And all their Glory, Beauty quite deface;  
 Yea, change them into (r) Monsters, wolves, dogs, swine;  
 Nay (s) Fiends incarnate. O then Sinnes decline!*

## 7.

*Where (t) Rockes once fixe their Stations, they remaine;  
 And none but God can move them thence againe:  
 So Sins once settled in Mens Hearts, there (v) stand  
 Fast entred, till Gods owne Almighty band*

Expell

*Expell them thence. O then let no Sinnes lye  
Upon our Soules, but out them presently,  
Lest they should (\*) settle; for if once they rest  
Within them, they are hardly dispossess.*

8.

*Rockes are (3) exceeding hard to batter, breake,  
Mine, pierce, demolish. So let all Men speake,  
And they must say, that (t) all Sinnes are so too,  
We ruine, breake them still with much adoe.  
He who doth thinke his Sinnes with ease to quell,  
Shall never tame, nor from him them expell.*

9.

*Rockes make their Dwellers (a) ffreleſſe, and ſecure  
Of Foes or Perilſ, and to thiſke all ſure:  
Sinnes (b) doe the like to thoſe that in them dwell;  
Who feare no dangers till they ſinke to hell.  
O then beware leſt Sinnes make us ſecure.  
No State's ſo ill, as that which ſeemē moſt ſure!*

10.

All Rockes are (c) blufleſſe, ſhameleſſe, impudent;  
Sinnes are ſo too, nought can then daunt, relent.  
And by degrees Mens Hearts, Browes they ſo (d) Steele  
That they no Sinne, Blaſph, ſhame, diſgrace can feele.  
Take heede them leſt Sinne, firſt, us shameleſſe make,  
Then Senseleſſe, Graceleſſe, fit for Hells dread Lake.

11.

Rocks, ſtones (e) good grounds oft ſpoyle, and quite deface:  
So (f) Sinnes good men deprave, marre ſhame, diſgrace.

D 3

Rockes

(x) Heb. 3. 12.  
13. Eph. I. 1. 2.  
3. c. 4. 18. 19.  
Rom. I. 23. 20.

29.  
(y) Jer. 5. 3.  
Mat. 7. 25. 26.  
Job 41. 24.  
(t) Jer. 13. 23.  
Ephes. 1. 19.  
20. 2 Cor. 9.  
27. Rom. 7. 18.  
to 25. Heb. 12.  
1.

(a) Obad. 3. 4.  
Jer. 21. 13. c.  
49. 16.  
(b) Job 12. 6.  
Ia. 28. 15. 18.  
Deut. 29. 19. 20.  
Judg. 18. 7. 10.  
27. Ezech. 28.  
2. 10. 12.

(c) Jer. 5. 3.  
(d) Jer. 3. 3. c.  
6. 15. c. 8. 12.  
Ezech. 2. 4. c.  
3. 7. Heb. 3. 23.

(e) 2 King. 3.  
19. 25.  
(f) Ezech. 29.  
24. 26.

12.

(g) Isa. 5. 2.  
2 King. 53. 19.  
25. Mat. 13. 5.  
Mar. 4. 5. 6. Lu.  
8. 6. 7.  
(b) 1 Pet. 2. 1.  
2. Jam. 4. 1. to  
12.  
(i) Ezech. 24.  
7. 8. Rev. 6. 15.  
16. Numb. 23.  
9.  
(k) 2 Sam. 12.  
10. 11. 12. 14.  
Ezech. 16. 36.  
37. 38. Isa. 3. 9.  
(l) Ezech. 24.  
7. 8.  
(m) 1 King. 13.  
& 14. & 16.  
(n) 2 Sam. 12.  
1. 12. Psa. 90. 8.  
Ecclef. 12. 14.  
Mar. 4. 22.  
(o) 1 Sam. 24.  
2. Job. 39. 1.  
(p) Mat. 25. 32.  
33.  
(q) Eph. 2. 1. 2.  
3. 4. 4. 19. Rom.  
1. 27. to 32. 1.  
Joh. 5. 19. 2.  
Pet. 2. 13. 10.  
22.  
(r) 1 Pet. 2. 11.  
Act. 5. 39. C. 23.  
9.  
(s) Jer. 39. 1. 2.  
3. Ezech. 29. 18.

*Rockes, Stones in fertile Soiles them (g) barren make;  
And naught will spring, or grow there, till men take  
Them thence: So Rockes and Stones of Sinne decay,  
And make Men (b) fruitlesse till remov'd away.  
No fruites of Grace will ever grow, or sprout  
Up in them, till these Stones be digged out.*

13.

*Great Rockes (i) apparent are to each Mans eye,  
And all both farre and neare may them espie.  
Great Sinnen in all, in (k) Great men specially,  
Them selves to all both farre and neare descry;  
Whence (l) Scripture saith, they are on Rockes Tops set,  
And doe in (m) others worlds of Sinnen beget.  
Let all, but Great ones chiefly, all Sinnen flye;  
Which though kept close, will yet (n) themselves  
descry.*

14.

*Wilde (o) Goates in Rockes feede, live, and much delight:  
So wicked Men, stil'd (p) Goates both day and night  
In (q) sinnes and lusts doe mallow, live and joy;  
Though they their soules at last will quite destroy.  
O Madnesse! thus in Sinnen to take delight,  
Which against God, Soule, Body, always (r) fight.*

15.

*The Steepe high Rockes, and Forts which on them stand  
Are never (s) scal'd, or won but by strong hand;  
Much*

*Much Paines, Long Seige, or Famine, which doe pine,  
Or starve their Men, and cause them to resign.  
The steepe, high, craggie Rockes and Forts of sin  
Within us, none can ever (*t*) Scale, force, win,  
But by strong hand, much cost, paines, sweat, strife, care,  
Long Seige, and Fastes, by which they starved are,  
And forc'd at last for very wants to yeld,  
Where else they would have made us leave the field.  
Its then no easie thing to conquer Sinne :  
They must belir them who its Forts would winne.*

- (t) 1 Cor. 9.
- 27. Rom. 7. 18.
- 10 25. Mat. 17.
- 21. Luk. 2. 37.
- 1 Cor. 7. 5.
- 2 Cor. 6. 5. c.
- 11. 27.

16.

*Rockes, (*v*) wrecke, sinke, breake Ships, Boates : So Sins  
oft (*x*) split  
And drowne those Soules which on them dash or hit;  
Not in Sea Sea-waters, but in Lakes of fire,  
Where they shall ever feele Gods scorching Ire.*

- (v) Act. 27. 29.
- (x) 1 Tim. 6. 9.
- Rev. 21. 18.

17.

*Instruct us then, O Christ, our Rocke, to shun  
All Sinnen as Rockes, and not on them to run,  
For feare of ruine, and still give us Grace  
To flye these Rockes of Sinne in every place,  
With greater care than (*y*) Sea-men doe avoyde  
Those noted Rockes, which thousands have destroyd;  
Not once presuming to aproach or hit  
Against such Rockes, as others Soules have split.  
And since sunke Rockes of (*c*) secret Sinnen that lye  
Hid in our Hearts, and (*a*) worldly jollity,  
Mirth, Pastimes, Pleasures, (where we le iſt ſuſpect,  
Or ſear a danger) moſt ſoules ſtill have wre. ki;  
Teach us theſe Rockes to ſee, and then to flye  
With chiefest care, and them not to come nigh.*

- (y) Act. 27. 29.
- (c) Pla. 19. 12.
- Job 34. 32.
- (a) Jam. 5. 1. 5.
- Isa. 22. 12. 13.
- 14. C. 5. 12. 13.
- 14. C. 47. 7. 8. 9.
- Zeph. 2. 15.
- Job. 21. 10. 12.
- 13. Amos. 6. 3.
- 10. 8. C. 8. 10.

Yea

## Rockes Improved.

Yea, sith no Sea so fraught with Rockes can be,  
 As this whereon our Soules sayle towards Thee:  
 O Shield us from thesee Rocks by thy great Power,  
 Which else will Split and Sinke us every houre:  
 That so we may at last arive secure  
 In Heaven's blest Port, where Joyes for aye endure.



### Meditations of the third Sort, sui- ting Rockes, and Gods Elect to- gether.

**B**Esides, these Rockes present before our Eyes  
 The State of Gods Elect, in lively wise.

#### I.

(b) Job 18.4.  
 Mat.7.25.26.  
 (c) Rom.8.35.  
 36.37.38.39.

(d) Joh. 6.66.  
 67. 68. 2 Pet.  
 I.10.11.

(e) Mat.7. 25.  
 26.  
 (f) Psal.34.13.  
 At.23.22. Psa.  
 73.14.

*Rockes fixed are, not tossed to and fro,*  
 With every Winde, Storne, Tempest : Even so  
 Gods Chosen Sheepe with (c) firme and stable Hearts  
*Adhere to Him in all their Troubles, Smarts :*  
*No Stormes, Windes, Crosses, Changes can remove*  
*Them from his Word, Sonne, Spirit, Truth or Love :*  
*When (d) Troopes of others shrikē, and fall away,*  
*They cleave to him as to their onely Stay.*

#### 2.

*Rockes many (e) Winds, Stormes, Tempests undergoe :*  
*And doe not all the (f) Saints, whiles here, doe so ?*

Rockes

3.

Rockes meekely beare and suffer Stormes that fall,  
And never fret, rage, or repine at all:  
Gods (e) Saints without all murmur, fret, or cry  
Their Crosses, Losses beare most quietly;  
Submitting unto God, whose Providence  
All bitter Potions doth to them dispense.

4.

All men on (b) Rockes may safely build and rest:  
And of all trusty friends, the Saints are best.  
On (i) whom we may all times with trust relye,  
And to them in all Dangers safely flye.

5.

Rockes (k) bare and ragged are : The Saints oft  
(i) Poore,  
In outward State, but seldom begge at doore.

6.

Yet though Rockes Outsidess be but base and rude,  
They richest Mines within their wombes include:  
So though Saints Outsidess be but ragged, base,  
Within them (m) hiden ly gold-Mines of Grace.

7.

Stones digged out of Rockes and hewed square  
The (n) fairest Temples, Buildings make that are.

E

(g) Psal. 39. 2.  
9. 1 Sam. 3. 8.  
2 Sam. 15. 25.  
26. 27. c. 18. 4.  
to 14.

(b) Mat. 7. 25.  
26.  
(i) 3 Ioh. 5. 6.  
Prov. 17. 17. c.  
18. 24. Joh. 15.  
13.

(k) Isa. 2. 21.  
Ezech. 26. 4.  
(b) Psal. 37. 26.  
Jam. 2. 5. 1 Cor.  
4. 1 f. 12. c. 16. 1.  
2. 2 Cor. 6. 10.  
c. 8. 2. 4 Rom.  
15. 26.

(m) Jam. 2. 5.  
Psal. 45. 13.  
Ephes. 3. 19.  
Phil. 1. 11.  
Col. 1. 9. 10.  
11. Heb. 11. 37.  
38.

(n) 1 King. 5.  
17. 18. c. 6. 7. 8.  
c. 7. 3. 10. 11.  
2 Chron. 2. &  
3. 2 King. 12.  
12. Ezech. 40.

So 42.

So Gods Elect, though viles whiles that they lye  
In Natures Quarries in deformitie,  
Yet hew de out thence, squar'd, polisht by Gods  
Grace,

(e) Psal. 14. 4.  
12. Isa. 11. 11.  
12. 1 Cor. 3.  
16. 17. 2 Cor.  
6. 16. Ephes.  
2. 21.

And layd in order in their proper Place,  
Become (e) rich Temples wherein God doth dwell,  
And doe all other structures farre excell,  
In worth, and glory: Lord thus square, and lay  
Us in these Sacred walls, which last for aye.

## 8.

(p) Psal. 131. 1.  
2. 3. Col. 3. 1.  
2. 3. Heb. 11.  
13. 14. 15. 16.  
24. 25. 26. 35.  
36. 37. 38. 2  
Cor. 4. 9. 10  
13.

Rockes for the most part lowly are and meeke:  
The (p) Saints are so, and no high places seek;  
In this vaine world; where they deynted lye  
Till God advance them to the Starrie skie.

## 9.

(q) Exod. 32.  
13. to 15. Jam.  
5. 16. 17. 18.  
2 King. 2. 12. c.  
6. 9. to 24. c. 8.  
9. c. 23. 6. Gen.  
28. 23. to 25.  
Aft. 27. 24. 2

King. 13. 14.  
23.

(r) Numb. 20.  
10. 11. 12.  
Deut. 8. 15.  
Psal. 105. 41.  
(s) Isa. 61. 1.  
c. 4. 2. 2  
Cor. 1. 4. 5.

Rockes Kingdomes, Islands guard and fortifie  
Gainst raging Seas, Floods, Stormes, and Enemie:  
(q) Saints holy Lives, and frequent Prayers ar  
States firs't Guards; Forts, both in Peace and war;  
These Shield-off Judgements, Foes, Plagues, yea Gods Ire,  
Which else would wast, and scorch them worse  
than Fire.

## 10.

Rockes from their Sides send forth (r) Springs sweete  
and pure,  
Mens Thirst to quench, their wounds and sores to cure:  
And who but Christ and Saints can (s) Comfort bring  
To Sinne-sick Soules, and those who feel the Sting  
Gripes, Torments, Flames of Hell and Conscience?  
Or binde up broken hearts, and chase from thence

All

All feares and horrid Terrors? Which an Hell  
On Earth oft make in those wherein they dwell?  
Hence all such wounded Soules doe ever fly  
To (t) theſe for Comfort in extremity:  
Since no ungodly wretch can cheare, or eafe  
A Sinne-ficke Soule, nor aking Heart appease.

(t) 2 Cor. 1.4.  
5.6. Act. 9.10.  
to 20.

## 11.

Rockes most despised and neglected are,  
As worthleſſe Creatures: Thus Gods Saints oft fare  
(v) Contem'd, abhor'd of Mofet, as vile and base,  
Though of Mankinde the onely Pearles, Starres, Grace.

(v) 1 Cor. 4.9.  
to 13. Heb. 11.  
3.6.37.38. Mal.  
3.14. to 18.

## 12.

Rockes hurt no Shippes, Boates, Men, but such as  
(x) hit  
*Themselves against them; and ſo breake or ſplit:*  
So Gods Elect doe never hurt, breake, quafh  
Any, but thoſe who (y) wilfully rune, dash,  
Bruife, breake themſelves againſt them; who muſt check  
And blame themſelves, not them, for this their  
wreck.

(x) Act. 27.19.

(y) 1 King. 13.  
4.6. Act. 9.4.5.

## 13.

God firſt ingrav'd his Sacred Lawes upon  
A Marble Rocke (z) a Table made of Stone;  
Not brittle Glaffe, ſoft Paper; that they might  
Out laſt all time: God, ſtill, his Lawes doth write  
On hardeſt Rockes, Saints ſtable (a) Hearts, whereby  
They Time ſurvice, and gaine eternity.  
The two firſt Stony Tables whereupon  
God stamp'd his Lawes, broke, loſt were long agone:  
These harder Tables of Saints Hearts remaine,  
And in them Gods bleſſed Lawes for aye retaine.

(z) Exod. 24.  
12.c.31.18.c.  
34.29. Deut. 4.  
13.c.5.32.c.9.  
10.11.15.17.  
(a) Jer. 31.33.  
2 Cor. 3.3.

(b) Ezech. 11.  
19.c.36. 26.

Lord, I my heart a (b) Rocke have made : O carve  
Therein thy Lawes, from which it may not swarve.  
And since it shall out-dure the firmest Rocke,  
O, this rich treasure ever in it locke !  
Yea, make each Saints Stone-Heart the Treasury  
Of thy sweete Lawes, for all eterniry.

14.

(c) Luk. 13 23.  
24. Isa. 17. 6.  
(d) 1 Pet. 1. 1.  
2. Heb. 11. 36.  
37.  
(e) Psal. 59 20.

Rockes in most places thinly scattered are ;  
Saints in all places are most (c) thinne and rare.  
(d) Dispersed here and there, where bid they lye  
In secret Corners in obscurity ;  
Driven from Country, Lands, House, Home, by those  
Who for their (e) Goodnesse onely are their Foes.

15.

(f) Isa. 33. 12.

Rockes burnt to (f) Lime, doe fasten, joyne, sement  
Stones in all Buildings, and them free from rent :  
Yea, laid on barren Grounds where nought would  
spring,

(g) Eph. 4. 3.  
to 17. Rom. 15.  
5. 6. 7. c. 16. 17.  
18. 1 Cor. 1. 10.  
11. 12. 13. c. 12.  
4. to 31. Phil. 1.  
27. 28. Jud. 3. 4.  
Rev. 2. 14.

(b) Act. 26. 17.  
18. Rom. 1. 13.  
c. 15. 18. 19. 20.  
Col. 1. 6.  
(i) Zech. 9. 16.  
2 Sam. 12. 30.

They make them fertile, and great Crops to bring:  
So Gods Elect, when melted by the Flame  
Of his sweete Spirit, (g) knit, unite the Frame  
And Stones of his Church here on Earth together,  
And keepe out Errours, Sects that would it sever :  
Yea, sent to barren Soiles where grew no Grace,  
They make them (b) fruitfull, and in better case.

16.

Rockes cut and polisht, turne to richest Gems  
Become Kings Treasures, (i) crowne their Diadems.

Saints

Saints squar'd and polisht from their drosse by  
Grace,  
Prove Gods rich (*k*) Jewels, in his Crowne have place.  
Lord so refine me that I may be set,  
A Stone, Pearle, Jewel in thy Coronet.  
Amidst those Saints which thou reput'st such Genius  
As farre excell, out-shine all Diadems.

(k) Mal. 3.17.

Sweete Jesus make me of thy Chosen Flocke,  
That I, like them, may be a blessed Rocke.



### Meditations of the fourth Classe, sampling *Rockes*, and Rockie Hearts, with ungodly Men, to- gether.

**Y**Et more, me thinkes Rockes represent to all  
Mans Rockie Heart, and Nature, since the fall,  
In some Respects, wherein they well agree  
With Stony Hearts; from which God make us free.

#### I.

*Rockes* are exceeding (*l*) *Shamefesse, Impudent;*  
Nought will them daunt, or caute for to relent:  
So men of Stony Hearts, have (*m*) *Browes of Steele,*  
*Faces of Rocke, which no blufb, fb me can feele.*  
No shamefull Sinne, Convictions, or Disgrace  
Will daunt, or caute them once to hide the Face.

(l) Jer. 5. 3.

(m) Jer. 3.3.c.  
5.3. c. 8. 12.  
Ezech. 2.4. c.  
3.7.

(n) Phil. 3.19.

It is their (<sup>n</sup>) glory to be veyd of shame,  
And vaunt of that which doth them most defame.

2.

(o) Josh. 10.10.  
Judg. 9.53.54.  
Zech. 13. 3.  
Luk. 13. 4. <sup>2</sup>  
Chron. 25.12.  
(p) 2 King. 8:  
12.13. Gen. 5.  
7. Psal. 71. 4.  
Prov. 12. 10.  
Jer. 6.23. c.50.  
42.Psal.27.12.  
Ezech.34.4.  
(q) Prov. 17.  
12.  
(r) Isa.47.2.

Rockes shew no mercy, but to (<sup>o</sup>) peeces mall,  
Breake, bruise, or hew, all those on whom they fall.  
So men of Rockie hearts are (<sup>p</sup>) mercilesse,  
*And breake, bruise, teare, crush, all they doe oppresse.*  
No Cries, Parts, Vertues, Merits can affwage  
Their cruell Projects, nor divert their Rage.  
O let me rather fall into the Pawes  
*Of (q) Beares or Lyons, than an hard Hearts Janes.*

3.

(s) Exod 1.12.  
c.4.Ifa.3. 15.

Rocks make thosē (<sup>r</sup>) Milstones which doe grinde,  
bruise, teare  
The Corne we use, to make us Bread, or Beere:  
So men of Rockie Hearts still serve to (<sup>s</sup>) grinde,  
Preſſe, bruife Gods Chafin, till they be refinde  
From all their Huskes of sinne, and made meete  
Food  
For Gods sweete Pallate, to their greatest Good.

4.

(t) Deur. 8.9.  
Job 28.2.(v) Isa. 1.5.6.  
2 Chro. 28.22.  
23.

Some Rockes burnt in the Fornace harder grow;  
And nought but (<sup>t</sup>) Steele, or Iron from them flow :  
Which serves to breake,hew, polith, fit, and square  
Rude Rockes and Stones, and Stately piles to reare:  
Gods fiery Fornace Rockie Heires makes more  
(v) Hard, and obdurate than they were before;  
Yea all its scorching Heate the which they feele,  
Serves but to turne them into harder Steele,

Or

Or Iron; for to break, hew, polish, pare  
The Rockes and Stones which God layes in the  
rare

And choicest Buildings of his Church: whose walls  
Are (<sup>x</sup>) built, not ras'd, with these hard Iron Malls.  
And Tooles of Steele, though they no (<sup>y</sup>) Part nor  
bare

Have in the Temples which they helpe to reare.

(x) Exod. 1.  
12. c. 4.  
(y) Ag. 8. 21.

5.

The most mischievous Instruments of war  
Wounds, Bloodshed, first from (<sup>z</sup>) Rockes extra-  
Ed ar;

As Canons, Musquets, Bullets, Sword, Bills, Speares  
With other weapons, where with Man kills, teares,  
Torments, Maimes, Stabs his Brother in despite,  
As if he did in nought but Blood delight:

So from Mens Stony (<sup>a</sup>) Hearts first flow and spring  
All Mischiefes, Murders, Warres, Sinnen, each ill thing:  
These were the Artifts which did first invent  
Each bloody, murth'ring, warlike Instrument;  
The Shops in which they forged were, the Armes  
That weld them still, & work a world of Harmes.  
O cursed Hearts of Rocke from whence doe flow  
All Evills, Mischiefes, woes we heare, see, know!  
Lord free and ever keepe us from such Hearts,  
Which are the Cause of all our Sinnen, Ills, Smarts.

(a) Mat. 15. 19.  
Gen. 6. 5. c. 8.  
21. c. 27. 41.

6.

Rockes make those in them (<sup>b</sup>) careless, Proud, Secure  
From feare of Danger: Stony Hearts are sure  
To make all (<sup>c</sup>) such, in whom they are, and snare  
Them in great Mischiefes ere they be aware.

(b) Obad. 3. 4.  
Jer. 21. 13. 14.  
c. 49. 16.  
(c) Is. 47. 7. 8. 9.  
10. 11. c. 5. 19.

Rockes

## Rockes Improved.

(d) Job 41.24.  
Jer.23.29.Nah.  
1.6. Jer.5.3.  
(e) Isa. 1.5. 2.  
Chron. 28.22.  
Exod.5.10.13.  
Jer.5.3.c 2.30.  
Isa.9.30.Amos  
4.6.10.14.Rom.  
2.4.5.  
(f) Exo. 31.18.  
c.34.1.4.29.  
(g) Ezech. 11.  
19.c.36.26.Jer.  
32.39.

*Rockes are (d) exceeding Hard; and sooner broke  
Than squar'd or polisht w<sup>t</sup> the Axes stroke:  
Mens Stony Hearts so hard and flinty are,  
That all Gods Axes, Judgements (e) cannot square  
Them to his Rules, nor cause them to amend,  
And sooner breake than rent, or make them bendl.  
He who in hardest (f) Stones of old imprest  
His Sacred Lawes, upon a Rockie Breit  
Cannot ingrave them: Lord what Hearts of Flint  
Have Men, whereon thy Lawes can make no Print!  
Nought but Christs blood these (g) Adamants can  
thaw  
And square them to the Models of Gods Law.*

## 8.

(h) Isa.26.10.  
11. c.1.5. c. 9.  
30. Jer.5. 3. 2.  
Chron.36.14.15.  
16. Jer.25.3.10.  
15. c. 29. 19. c.  
32. 33. Amos.  
4.6.10.13.Hof.  
6.4.5. Rom.2.  
4.5.  
(i) Ezech. 26.  
4 Amos 6.12.  
(k) Ezech. 11.  
19.Math. 13.5.  
6.20. 21. Mar.  
4. 5.Luke 8.6.

No heate of Sunne or Fornace Rockes will melt,  
But harden rather, and their Heat's not felt:  
Gods (h) Sun-shine Mercies, and his sweetest Grace;  
His fiery Fornace, and his frowning face,  
Mens Rockie Hearts will neither warme, relent,  
Affect, melt, change, nor move them to repent.

## 9.

Most Rocks are (i) barren, yeelding nought for Back  
Or Belly, that Mankinde or Beasts doe lack:  
Mans (k) Stonie Heart's as Barren: no good Thing,  
No Fruites of Grace, Faith, Virtue in it spring.

## 10.

(l) Judg. 8.7.  
16.  
(m) Heb. 6.8.  
Rom. 1.24. 10.  
32.c.2.4.5.

*Thornes, Thistles, (l) Brambles, Weedes of Rockes oft  
grow<sup>t</sup>:  
All Stony Heants with these, still (m) over-flow:*

*Fruit-*

Fruitfull in nothing, but those tares of vice,  
And sinne, which barre them out of Paradise.

11.

Rockes Deafe and Sencelesse are of good, and ill :  
Hard (*n*) Hearts are so, and neither can, doe, will,  
Gods Word, Law, Workes regard, Hearer understand;  
Nor, feare his angry; kisse, his soothing hand.

12.

The fiercest Stormes, (*o*) Winds, Waves, on Rockes doe  
dash :  
Gods (*p*) Sorest Judgements Stonie Hearts doe dash :  
And though they seldome feele Gods stroke or  
Curse;  
This nothing Mends, but (*q*) makes their Case farre  
worse.

13.

The pleasant Showres, Drops, Dewes that on  
Rockes light.  
Make them not fruitfull, nor in better plight:  
But glide away forthwith, not sinking downe  
To make them Mellow, good, or sinne to drowne :  
So Rockie (*r*) Hearts, though they receive the raine,  
And frequent showres of Gods blesſt Word, remaine  
Still Barren, Hard, and Sencelesſe; wought will stay  
That drops upon them, but all slides away  
That's Good or Sacred; onely Flouds of (*s*) sinne  
Sinkē downe with speede, and freely enter in.

(*n*) Ephes. 4.  
18. 19. 1 Tim.  
4. 2. Proverb.  
23. 35. Deut. 29  
23. 4. Isa. 6. 9.  
10. 2 Chron.  
36. 15. 16.

(*o*) Mat. 7. 25.  
26.  
(*p*) Deut. 28.  
15. to 68. 1.  
Sam. 5. 7. 2.  
Chron. 21. 19.  
Ezech. 14. 21.  
Mich. 2. 10.  
Heb. 10. 29.  
(*q*) Ephes. 4.  
18. 19. Rom. 2.  
5.

(*r*) Heb. 6. 7. 8.  
c. 3. 13. 8.  
Mat. 13. 5. 6.  
Ia. 28. 10. 13.  
2 Chro. 36. 15.  
16. Jer. 23. 3. 4.  
c. 35. 15.  
(*s*) Job 15. 16.

14.

(t) Luk. 8. 6.  
13. Amos. 6. 12.

(v) 2 Chron.  
36. 15. 16. Jer.  
23. 3. 4. Mat. 7.  
6. Prov. 9. 7. 8.

None craggie (t) Rockes will Till, Plough, Plant, or Sow;

Their Labours lost who doe it, nought will grow. Obdurate Hearts few use to Plough or Till With Godly Precepts, Counsells; sith they still (v) Neglect, deride, contemne them; so as all The seede is lost which on the Rockes doth fall.

15.

Rockes blunt, and hurt the edge of Tooles that smite,

Or square them for good uses; yea in spite Their Chips and Shivers dash against the Eyes, Face, Shins of those that hew them. Loe the guise Of Rockie Hearts, which (x) hurt and malice those Who checke their sinnes, and hate them as their Foes.

(x) Pro. 9. 7.  
8. Mat. 7. 6.  
Prov. 15. 12.  
1 King. 13. 4.  
c. 18. 17. 18. 2.  
Chron. 24. 19.  
20. 21. 22. c. 36.  
25. 26. Mat. 23.  
37. Gal. 4. 16.

(y) Psal. 141. 5.  
Psal. 139. 23.  
24. Prov. 8. 9. c.  
29. 25.

Te. i, let their Pastors in their Ministry But touch their Sores, into their Face they flye: So zealous are they for those Sinnes, which end In hell, when they will not Gods cause defend. O that our zeale for God were halfe so much As for our darling Crimes, when Men them touch: Then would we let them (y) strike, wound, lance, ye. 1 Slay

Our dearest Sinnes; and thank, not them gaine-say.

16.

(z) Job. 18. 4.

Rockes Cold and Heavie are, and (z) never move Out of their Places; nor mount up above

Unlesse

Unlesse perforce; and then they ever (<sup>a</sup>) bend  
Downe to the Center, whence they did ascend  
So (<sup>b</sup>) Rockie Hearts are Cold, and lumpish still  
To all that good is; prone to nought but Ill :  
No Love, Heate, zeale to God within them flame;  
His Cause they're not stir in for Love, nor Shame :  
Their Thoughts, Minds, Cares are fixt on (<sup>c</sup>) things  
below,

And never upwards Soare to view, mind, know  
The things above; unlesse some (<sup>d</sup>) Sodaine Feare  
Of Death, Hell, Danger up them scru or reare  
Against their Wills : which palt, to Earth they hie  
With greater poysse, and there still groveling lie.

- (a) Rev. 18, 2
- Jer. 51, 6. 3. 64
- Ech. 9. 11.
- Exod. 15, 5. 10
- Math. 18. 6.
- Mark. 9. 42.
- Luk. 17, 2.
- (b) Rom. 2. 4.
- 5. c. 1. 23. 10
- 32. Ephe. 4. 18.
- 19. 2 Pet. 2. 20.
- 21. 22.
- (c) Phil. 3. 18.
- 19.
- (a) Isa. 26. 11.
- 16.

## 17.

*Rockes (<sup>e</sup>) Dumb and silent are: So Hearts of Stone  
For good Discourse have neither Tongue, nor  
Tone*

*Sitting still (<sup>f</sup>) Mute like stones without voyce, sence,  
When any fall to godly Conference.*

- (e) Hab. 2. 19.

- (f) Isa. 56. 10.
- Job. 15. 3.

## 18.

*Rockes (<sup>g</sup>) bare and naked are; whence all may spie  
Their Nakednesse, and grosse Deformatie.  
All Stony Hearts, are (<sup>h</sup>) naked, poore, and bare;  
Their Barenesse, vilenesse, wants exposed are  
To all Mens view; till Christ's rich Robes of Grace  
Cloath or Adorne them, and these wants deface.*

- (g) Ezech. 26. 4

- (h) Ezech. 16.  
3. to 15. Rev.  
17. 18.

## 19.

*Rockes Livelesse are; and Stony Hearts are (<sup>i</sup>) Dead;  
No life of Grace was ever in them bred:*

- (i) Mat. 8. 22.  
Joh. 5. 25. 19.  
Ephes. 2. 1. 9. 6.

(k) Heb. 9. 27.  
Psal. 89. 48.

Yea, all who now draw breath, must shortly (k) dye,  
(Who knowes how soone) and dead as Rockes  
shall lye.

20.

(l) 2 Chron. 2.  
2. 18. 1 King.  
5. 17. c. 7. 9. 10.  
12.  
(m) Ezech. 36.  
26. Joel 2. 13.  
Hosea 6. 5.

(n) Isa. 8. 14.  
(o) Rom. 2. 5.  
Eph. 4. 18. 19.

Rockes till by force they broken be, and flit,  
(l) Herd, polisht, for all Buildings are unfit:  
Thus Rockie Hearts till God them (m) rent, bew, square,  
To build his House, Church, Temple, nleffe are.

21.

Rockes make Men (n) fall and bumble, to their Paine  
And Hurt: That (o) Rockie Hearts doe thus, tis plaine;  
Since all our Slips, Falls, Bruises, Simes proceede  
From Stony Hearts, which make us take no heede.

22.

(p) Act. 27. 29.

(q) Rom. 2. 4.  
5. Ephel. 4. 18.  
19. 1 Tim. 6. 9.

Rockes (p) Shipwracke those, who doe too neare them selfe;  
And sunken Rockes to split Ships molt prevale:  
Thus Rockie Hearts unlesse we from them fly  
Will (q) wracke us all; but yet especially  
When neither Felt, nor Seene: for then we run  
With full-faile on them, and are quite undone.

23.

(r) Ephes. 4.  
18. 19.  
(s) Psal. 38. 4.  
Math. 11. 28.  
Job 6. 32.]

Rockes feele no Burthens, weights that on them lie;  
So Rockie Hearts doe never (r) sigh, groane, cry  
Under the Weights and Burthens of their Crimes,  
(Though (s) heavier than the Sands a thousand times)  
And

And why? because they never feele their poysc  
Till it them sinke to Hell, and quite destroyes.

24.

Not all the Men on Earth, with all their Art  
Can make one Rock, or Stone; much lesse an Heart;  
But *only* (*t*) God him selfe: yet Men alone  
*Are* *the* (*v*) *Creators of all Hearts of Stone,*  
*Not* God: O wonder, that Men shoulde create  
Nought but Hard Rockie Hearts which God doth  
hate:

Such Hearts can none else but Men, Fathers call,  
Which sinke still downewards, till to Hell they fall.

(*t*) Joh. 1.3.(*v*) Psal. 95.8.  
Exod. 8.15.

25.

O then when ever we a Rocke shall see,  
Let these thoughts to our Mindes recalled be:  
Yea, ponder what Old (*x*) Rockie Hearts we have  
By Sinne and Nature: then New, soft Hearts crave,  
With fervent Prayers, Grones, Sighes, Teares; so we  
Our Hearts of Rocke, to flesh transform'd shall see.  
And if we finde, feele, know by signes most sure  
Our hearts thus changed, and made soft, and pure;  
Let us for ever in Word, Deede, Life, Thought,  
Extoll and (*y*) praise Him who this Change hath wrought;  
Keeping a narrow (*z*) watch both night and day,  
Over our cheating Hearts; for feare lest they  
Should by degrees freeze, or grow (*a*) hard againe,  
Yea turne to Rockes, and so for aye remaine.

(*x*) Ezech. 11.  
19. c. 36. 26.  
Psal. 51.10.17.(*y*) Ad. 2. 46.  
47. Eph. 3.20.  
21.  
(*a*) Heb. 3.13.  
c. 12.15. Prov.  
4. 23.

26.

Sweete Jesus (*b*) take our Stony Hearts awaie,  
And give us hearts of flesh, we humbly pray;

F 3

And

(*b*) Ezech. 11.  
19. c. 36. 26.

(e) Prov. 23.  
26.

(d) Pial. 51.  
10.17.

And of all other Plagues, from us avert  
This as the greatest, an obdurate Heart.  
And since of all our Parts Thou doſt require,  
*Secke, prize our (e) Hearts moſt;* grant us we desire  
Such broken, contrite tender Hearts, as may  
Delight Thee moſt; and never from Thee stray.  
*Such Hearts Thou onely canſt (d) create,* not we;  
Make our Hearts ſuch; then happy thall we be.



### Miscellanie Meditations of the fifth Kinde.

(e) 2 Chro.2.&  
3.1 King.5.17.  
18.c.6.7.8.c.7.  
3. 10. 11. 2  
King. 12.12.c.  
32.6.

(f) Pial 144.12.  
Isa.14.11.12.c.  
51. 1. Rom. 9.  
11. to 31. c.8.  
29.30. c. 11.5.  
6.7. Ephef. 1.  
4. 5. 11.c. 2.4.  
to 22 c. Pet. 2.  
4.5.6.7.2 Thef.  
2. 13. Mat. 24.  
40.4. c. 20. 16.  
Mal. 1.2.3. Ex.  
33.19. Jer. 18.  
6. 2 Tim.2.9.

**T**O windē up all; Rockes to our Mindes present  
Some other usefull Thoughts, with great  
content.

I.

*When we behold ſome (e) Stones with Tooles and Barres  
Dig'd out of Rockes, and taken from the Quarres;  
To build ſome Stately Church; whiles others ſtay  
Still there, unwrought; though quite as good as t'ey :  
It mindes us of that common Rocke wherein  
Mankinde corrupted lay, through Adams Sinne :  
From whence God by (f) Election and mee e Grace  
Calls out ſome Stones (though ſew) which he doth place  
Within his Churches Buildinges, where they lie  
Fast jyn'd to Chrift, for all Eternitie :*

When

When as all others (though *as good as they  
And of the selfe same Rocke, Quar, Lumpe, and Clay.*)  
Lye still unpolisht, in the rotten Mass,  
And State of Sinne, untill to Hell they passe;  
*Without Injustice, since Gods Grace is (g) free;*  
*And none but for (b) some Sinne shall damned be.*

Originall or  
Aduall.  
(e) Hof. 14. 4.  
Mat. 10. 14.  
Rom. 3. 24.c. 8.  
32. c. 11. 5. 6.  
(b) Math. 25.  
41. 42. 43.  
Mark. 16. 16.  
Psal. 51. 4. 5.  
Lam. 3. 59.

2.

When I consider that all (1) Tombestones, Urnes,  
And Tombes, where Man, \* *meere Dust, to Dust re-*  
*turnes;*

(i) Isa. 22. 16.  
Mark. 15. 46.  
\* Gen. 3. 19.

Are broken pieces of some Rockes; I then  
Behold my Tombe-stone, in each Rocke I ken :  
And say, Loe here's the lasting Monument  
Wherein my Body must ere long be pent,  
*And but Close Prisner, till the (k) Judgement day,*  
*When all its Rust and Bolts shall fall away.*  
Which Thought digested, makes me still amend  
My Life; and fits me alwayes for mine End.  
Let all revolve it oft within their Minde,  
And they shall Treasure, Honey in it finde.

(k) Joh. 5. 58.  
Rev. 20. 12. 13.

3.

When I behold *some people dwell, live, he*  
In (1) Cares of Rockes; I then thinke prefently;  
He who a Cottage wants his Head to Hide,  
Shall finde some Rocke, or Hole where to abide;  
In which he may sleepe freer from feares, Foes,  
And Cares, than those whom Castles, Guards,  
inclose.

(l) Job 24. 8.  
Obad. 3. Jer.  
4. 8. 28.

What neede we care then here for House or Homie,  
If these should faile, yet Rockes will give us Roome  
To

(m) 1 King. 17.  
4. 13. c. 19. 9.  
11. 15. Heb. 11.  
3. Gen. 19. 30.  
Judg. 6. 2. 1  
Sam. 13. 6. c.  
24. 2. 3. 4. 7.  
Exod. 33. 21.  
22.  
(n) Prov. 2. 4.  
Job 3. 21. Mat.  
14. 4. 4. Psal. 17.  
14. Col. 2. 3.  
(o) 1 King. 19.  
9. 11. 15. c. 17.  
4. 13. 1 Sam. 13.  
6. c. 24. 2. 3. 4.  
Heb. 11. 38. 39.  
(p) Psal. 88. 8.  
Jer. 31. 2. c. 33.  
1. c. 36. 5. c.  
39. 15. Luk. 3.  
20. Act. 5. 18.  
21. c. 12. 4.  
\* Bonner Impris-  
oned the Martyrs  
in his Cole-hous  
in Queens Maries  
days.  
(q) Heb. 11.  
35. 10. 39.  
(r) Mal. 3. 17.  
16. 5. 14. Exo.  
19. 5. Ps. 135. 4.  
(s) Psal. 88. 6.  
8. 18. Cant. 5. 4.  
6. Jer. 30. 2. 3.  
Act. 16. 23. 24.  
Heb. 11. 36.  
(t) Cant. 4. 2.  
Psal. 17. 14. Mat.  
13. 44. Job 3.  
21. Prov. 2. 4.  
Col. 2. 3.  
(u) Ezech. 34.  
14. Joh. 10. 16.

To Lodge and hide in : Here (m) Gods dearest Saints  
Have liv'd, and bid oft times without Complaints;  
And beene more happie in these caved Stones  
Than greatest Monarchs in their royll Thrones.  
Repine not then though Clifts of Rocks should be  
Thine House or Home, sith there thou mayst be  
free,  
Safe, blessed, chearefull, and to God more nigh  
Than those who in the fairest Pallace lye.

## 4.

The precious Jewels (n) Treasures, Stones which are  
Lockt up and hid in coursest Rockes, declare  
Gods dearest Saints and Jewels common Caze,  
And State on Earth: who thrut out with disgrace  
From House and Home, enforced are to flye  
To (o) Cares and Rockes, where they imprisond lye:  
Whence driven out againe by bloody Foes  
(Like Gold or Jewels out of Rockes;) they close  
And locke them up againe in (p) Prisons, Gaules  
Or nastie Dungeons, amidst filth, duit, \*Coles,  
The common (q) Caskets where these Gemmes, Pearles lye  
Untill some Flames them into Ashes frie.  
Yet courage Noble Souldis, whiles thus you fare  
It's a sure Signe you peerelesse (r) Jewels are,  
And Gods Choice Treasures, since you under Locke,  
Thus lye, like Gold, Gems in some Casket, Rocke:  
And that you shall be (s) surest kept of any,  
Because kept closest, and not scene of many.  
The choycest Things Men ever clofest (t) Locke;  
And Wolves runne loose, whiles God doth (u) fold  
his Flocke.

Rockes

5.

Rockes love to (*x*) shew, not hide their Nakednesse :  
 Adam and Eve (*y*) blusht at their Naked Dresse  
 When they beheld it, and did bide for shame,  
 Till they with Coates of Figge-leaves vail'd the same.  
 Those wanton Females then that take delight,  
 Their (*c*) Naked Breasts, Neckes, Armes, (like some  
 strange sight)

To shew to others, without Blush or shame,  
 In spight of God, Men, who them taxe and blame:  
 Are rather shamelesse Rockes than Adams Race;  
 And for the most part voyd of Sence, shame, Grace;  
 If not of Honour, and true (*a*) Chasitie,  
 Sith most is common which doth open lye.

6.

When we behold Men with much Danger, Swet,  
 Paines, Trouble, vilest wrack to gather, get,  
 And draw from Sea-Rockes, for to burne, or dresse  
 Their tilled Grounds, and mend their fruitfulnesse.  
 Me thinkes it should wring (*b*) Teares from us, to see  
 What Paines these take for Dung, whiles they  
 and wee

Doe not take halfe the Care, Paines, Travell, Sw et  
 The richest Gems of Grace to digge, fetch, get  
 From Christ our Rocke, which would not onely  
 cheare

And warme our Soules, and make them fruite to  
 beare;

But them (*c*) adorne, enrich, store in such wise,  
 That they all else as vile Dung would despise.

G

For

(*x*) Ezecl. 26.4.  
 c. 24.7.8.  
 (*y*) Gen. 3. 7.  
 10.11. 21.c.9.  
 22.23.

(*x*) Ezecl. 16.  
 35.37. Hosea 2.  
 2.3.4.2 Cor. 5.  
 5. Revel. 3. 17.  
 18. c. 16. 15.  
 Gen. 9. 22.23.  
 Heb. 2.15. Ifa.  
 47. 3.  
 (*a*) Hosea 2.2.  
 3.4. Ezecl. 16.  
 35.36.37.38.  
 39. c. 23. 10. 11.  
 18.19.23.

(*b*) Phil. 3.18.  
 19.

(*c*) Rev. 3. 18.  
 Psal. 45.13.14.

(d) Luk. 13. 24  
1 Cor. 9. 25.  
26. 17. 2 Pet. 1.  
5. 10.

For shame then henceforth let us take (d) more paine  
These richest Gemmes, than they base wracke to gaine.

7.

(e) 1 King. 19.  
11. Nah. 1. 5. 6.  
Mat. 27. 51.  
(f) Joel. 2. 12.  
13. 10.  
(g) Mat. 7. 25.  
26.

(b) Ezech. 11.  
19. c. 36. 26.  
(i) Rev. 3. 20.  
Isa. 53. 1. 3.  
Joh. 12. 37. 38  
39. 40. c. 1. 10.  
II. Rom. 10.  
21. Isa. 5. 1. 10.  
7. Jer. 25. 5. 10  
8. c. 29. 19.

(k) Jer. 2. 20.  
Isa. 1. 5. c. 3. 9.  
Jer. 5. 3. Amos  
4. 6. to 13. Ps.  
95. 8. I. Deut.  
8. c. c. 29. 3. 4. 5.  
Josh. 5. 4. Heb.  
3. 8. 9. 17. 2.  
Chron. 36. 15.  
16. Jer. 25. 4.  
to 8. c. 32. 33.  
34.

(l) 2 Pet. 3. 9.  
Rev. 1. 9. c. 3.  
10. Rom. 15. 5.

When I a Rent or Clift in Rockes espie,  
It mindes me of the dreadfull Majestic,  
And mighty Power of our God which make  
The hardest (e) Rockes for feare to split (f) rent shake  
And duely pondred would in peeces teare  
Our Rockie Hearts, & make them quake for feare.

8.

When I behold Men, Tempests, Waves, Raine,  
Winde,  
Beate long on (g) Rockes, and yet no entrance finde :  
It makes me see what (h) rockie hearts we have  
At which though Christ (who seekes our Soules  
to save.)

Doth dayly (i) knocke by his Word, Grace and Sp'rit,  
Saints, Preachers, Motions, and oft times them smite  
With sundry Judgements, Tempests, Seas, Malles, Winds  
To make them open, yet but (k) seldom finds,  
Or makes an Entrance : nay though many yeares,  
He thus be uies on them, yet no fruite appears :  
O Hearts more hard than any Rocke, Flint, Steele,  
Which all these strokes upon them never feele !  
O (l) patient Jesus ! who so long canst beare,  
With such hard hearts, which will not melt nor teare!

9.

When I behold Rockes, Stones, most ragged, base,  
Rude and deformed in their Native place,

Hew'd

(m) Hew'd out from thence, and polisht by Man-Kinde  
Turn'd into goodly Structures of each Kinde  
And made rich Statues, (n) Jewels, Oches, Gemmes,  
Yea, set in Gold and royll Diadems.

I thence conclude, that God with much more ease  
Speede, Art, can turne, when ever he shall please,  
The (o) hardest, vilest, rockie Hearts that are  
Into rich Temples, Jewels, Gemmes most rare;  
Yea set them in Chrits very royll Crowne  
Like precious stones unto their great renoune.  
As he did (p) Paul, (q) Manasses, and all those  
Most glorious Saints which Heav'n doth now inclose.

Let no man then though ne're so meane, vile, base,  
Lewd, sinfull, once despaire of Gods free Grace,  
Which in a moment can (r) change and translate  
Him from his wretched to a glorious state.

10.

When as I see the (s) waters that doe streme  
And gush from stony Rockes, me thinkes they seeme  
A lively Image of those (t) Teares that flow  
From Rockie Hearts, when they once tender grow.  
Through Gods sweete Grace and Spirit, which  
can melt

The hardest Hearts to Teares, and them relent  
As He did Rockes of Old, whence (u) water gush't  
By stremes when He them either smote or crufst.  
Blessed Lord Jesus, softene, breake, relent  
Our Hearts of Rocke, and cause them to repent,  
And send forth Stremes, nay Floods of Teares to  
wash,  
Our sinnes away, and all their force to quash.

(m) 2 Chron.  
2. & 3. 1 King.  
5. and 6. & 7.  
(n) Zech.9.16.  
2 Sam 12.30.  
(o) Ezech. 36.  
26.1 Cor.3.16.  
17. 2 Cor. 6.  
(p) Ephes. 2.  
21. Mal.3.17.  
(q) 1 Tim.3.13  
14. 15. 16.  
(r) 2 Chron.  
33.12. to 20.

(s) Ephes.2.1.  
2.3. 4. 5. 6. 3.  
20. 21.

(t) Job 28.10.  
Pf 105. 4 L.  
(u) 2 King.20.  
5. Job 16. 10.  
Lam.2.18. Jer.  
9.1.8. Luk.7.  
38.44. Act.20.  
19. 31. Mat.16.  
75.  
(v) Psal. 105.  
41. Exod.17.6  
Numb.20. 21.  
12.

## Rockes Improved.

44

11.

(x) Job 59.28.  
29. Jer. 49.16.  
(y) Psa. 103.5.  
Isa. 40.1 3. Mat.  
24.28. Luk. 17.  
37.  
(z) Ephes. 2.  
26.

(x) *Eagles in lofty Rockes still breed and lye,  
And from their Toppes their Prey farre off espie:  
Gods chosen Saints whom Scriptures oft compare  
To (y) Eagles, upon Christ high mounted are:  
(The tallest Rocke) on whom they (z) build, lodge,  
stay,  
And thence they seeke, finde, take their sacred prey.  
Lord make our Soules with Eagles wings to fye,  
To this sweete Rocke, and there to live and dye.*

12.

(a) Job. 28.  
10. Psal. 104.  
10. 11. 12. 13.  
14.

When I contemplate how Rockes (a) Christall  
Springs  
Which serue to moisten, soften other Things,  
Make trees, herbes, grasse, plants, flowers spring and  
grow;

*And queneb the Thirst of all things here below;  
Yet neither moysten, soften, fructifie  
The Rockes themselves, still barren, fruitleſſe, dry:  
Me thinkes I view in them some Rockie Hearts,  
Endew'd with rare, rich, profitable Parts  
Of Art and Nature; which doe good to many,  
Yet to their Owners good, they doe not any.  
How many Preachers others helpe to save  
Yet (b) damne themselves? and whiles they others  
gave*

(b) Mat. 22.7.  
1 Cor. 9.27.

The Food of life, have starv'd themselves to death:  
Others made Fertile, themselves barren Heath?  
How many (c) wise to teach, rule, counſell all  
Except themselves, and so through folly fall:  
Its hardly worth the Name of Good Art, Skill  
That betters others, makes the Owners Ill.

When

(c) 2 Sam. 16.  
23. C. 17. 23.

13.

When Iespie Rockes trampled on by all,  
Chriits and true Christians States, to minde I call.

(d) *Trod under feete, with all contempt, spite, hate  
Throughout the world, and valu'd at no rate.  
Complaine not then of any dif-respect.  
No greater Honour than Ill mens neglect.*

14.

Each vaste, high-towring, massie Rocke we eye  
Presents to us the strength and Potencie  
Of that Almighty God, whose (e) *Potent Hand*  
*Did in a moment, both by Sea and Land*  
*Raise up so many vaste high Piles, and Packe*  
*Such Massie Rockes on one anothers backe;*  
*Without an Engin, by his (f) Word alone,*  
And them so strongly soder one to one  
That all the Art, Wit, Strength, in Man's to weake  
To raise these Mounts, and them in Peeces breake.  
We wonder much at \* *Sionedge*, where there lye  
*A few large stoners, pil'd up not very high*  
*On one anothers head, and thinkne it strange,*  
How men such pondrous Stones could reare and  
range,

In such a manner, though these great stones be  
But Pigmies, Pibbles to the Rockes we see.  
How much more then with wonder and amaze  
Should we upon those Massie high Rockes gaze  
Which them so far in Bulk, weight, height exceed,  
And may true admiration in us breed  
Of Gods Almighty Power, which could raise  
Such grand,rare, lasting Trophies to his praise.

F 3

(d) Isa. 53.2.3.  
4. Mar. 9.12.  
Psal. 118.22. 1  
Cor. 4. 9. 10.  
11. 12. 13. 2  
Cor. 4.8. 9.10.  
11.c.6.4. to 11.  
Heb. 11. 36.  
37.38.

(e) Isa. 40.12:  
to 18. Psal. 89.  
13.

(f) Psal. 148.5.

\* See Camdens  
Brittania Wilts-  
shire.

To

To which all Structures made by men doe seeme  
But Mole-hills, Attomes, and of no esteeme.

He who such heavie Rockes could make, lift, reare,

(e) Isa. 40. 12. (g) Weigh, toss w<sup>th</sup> ease, as if they feathers were;

15.

(b) Psa. 113. 7.

8. I Sam. 2. 7. 8.

(i) PsaL 2. 9.

Psal. 107. 40.

With greater ease can lift and elevate

*His bumbled Saints out of their (b) lowest State :*

*And in an instant into (i) shivers dash,*

*All who w<sup>th</sup> Him or Them presume to clash.*

15.

(k) Job. 14. 9.

(l) Gen. 3. 19.

Ecclef. 3. 10. c.

12. 7.

(m) Psa. 103. 14.

15. 16. Psa. 90.

5. 6. Isa. 4. 6.

7. 8. Job 14.

12. Jam. 1. 10.

1 Pet. 1. 24.

When we discerne the *Sea, and Time to (k) we are*  
*The very Rockes,* and them to walte, eate, teare;

Thinke and contemplate then, how time, age, space

All things consume, walte, weaken and deface;

But chiefly Men, compact of (l) Dust, not stone

Who fade like (m) grasse, are in a Moment gone.

How can meere Duft and Ashes thinke to last,

When time and age the hardest Rockes doe wal?

16.

(n) Obad. 3.

Jer. 49. 16. c.

21. 13.

Those who in *lofty, fenced, siepe Rockes dwell*

*Are (n) haughty, proud, secure, and farre excell*

Molt others in these vices, slighting all,

As if no Mischiefe could upon them fall.

Whence sodaine Dangers, Ruines them surprise

(To quell their Pride) from those theymost despise;

Thus carnall Men advanc'd and fortifie

With potent Friends, wealth, Honours, *swell w<sup>th</sup>*

(o) *Pride;*

*Deride all Dangers, Foes, grow so secure,*

*As if their Props and Stayes should still endure.*

Whence God their Pride to punish and abate

Cautes them downe head-long by some sodaine

Fate.

Which

Which should make all, but great men specially  
Beware of Pride, and grosse Security,  
The *sad (p) Fore-runners of a certaine fall,*  
Which them and theirs will soone to peeces mall.

(p) Prov. 16. 18.  
Rev. 18. 7. 8.

17.

When as we see Men with must cost and paine  
To Mine the Rocks, and Treasures thence to gaine  
Of sundry Sorts; where with they much increase  
Their wealth, and make things meete for warre  
and Peace :

It forth-with mindes us how with farre more care,  
Cost, Paines, Sweat, Labour all who Christians are,  
Should *dayly (q) Search, and Myne for richer Oare*  
*In Christ their Rocke, in whom there is such store*  
*Of peuerelife Mines, and Treasures of each Kinde*  
*As well content, yea (r) fill the vaste Minde;*  
And store all Christians with all Things they need  
In Peace and War, Life, death ! Let this then breed  
A Resolution in us, still to Mine,  
And draw these Treasures from this Rock Divine.

(q) Prov. 2. 4.  
Col. 2. 2. 3.  
Mat. 13. 44.

(r) Ephes. 1. 23.  
Joh. 1. 16.

18.

Whiles that we view Men Rockes to smite, pierce,  
rent  
With Sledges, Axes, or like Instrument;  
We then shoule ponder, how we all each day  
Our blessed Rocke Christ Jesus (s) smite, stab, slay  
*A fresh with those accursed Sinnes and Crimes*  
*Where-with we grieve, pierce, wound Him at all times :*  
Which Thought should turne the Edge, and Point  
of all  
Our Sinnes from Him; upon our selves to mall  
Break

(s) Amos 2. 13.  
Hchb. 10. 29. c.  
6. 6. 2 Pet. 2. 1.  
Rev. 1. 7.

## Rockes Improved.

Breake, wound our Rockie hearts,because we rent,  
Abuse Christ thus; and cause us to repent.

19.

When we espie Rockes dart out Sparkes of fire  
When smote, or cut with Tooles of Steele or Ire:  
It sweetely mindes us, how the *Hand of God*  
*Smiting upon us with an (t) Iron Rod*

(t) Psal. 2. 9.  
10. 11. 12. Isa.  
26. 9. 11. 16.  
Hof. 5. 15. 2  
Chr. 33. 12. 13.  
2 Cor. 8. 2. 1  
Thes. 1. 6. 7. 1  
Pet. 1. 6. 7. 8. 9.  
Jam. 1. 2. 3. 12.  
c. 5. 13. Psal.  
119. 67. 71. 75  
107.

*Should from our Hearts of Rocke extract and draw  
Such sacred Sparkes, yet flames as should them thame,  
Purge all their Drosse away, and them inflame  
With a most ardent Love, unto his Name.*

Lord when thy Rod shall ever on us lite,  
Let it such Sparkes, and Flames in us excite.

20.

Springs, Quarries, Mines in Rockes, ne're drawne  
quite drie;

(v) Ephes. 3. 8.  
10. 19. 20. Joh.  
1. 5. 16. Col. 2.  
3. 8. 9. 10.

*The (v) inexhausted, boundlesse, Endlesse Mines,  
Springs, Treasures, Stores, and vastest Magazines  
Of Grace and Goodnesse, whiche inclosed lye,  
Within the Bosome of the Deity,*

To feede, feast, fill, enrich, each hungry, poore,  
Sad, pined Soule, with all their matchlesse store.  
The very thoughts whereof our Hearts should fill  
With sweetest Solace, and delight them still.

21.

(x) Exod. 15.  
5. Neh. 9. 11.  
Jer. 51. 63. 64.  
Mat. 18. 6. Rev.  
19. 21.

*When I perceive the smallst Pibble (x) sinke  
In Floods, as deepe as greatest Rockes; I thinke*

How

A  
CHRISTIAN  
SEA-CARD.

Consisting of sundry Poeticall Meditations, raised from the Contemplation of the Nature and Qualities of the sea.

---

By WILLIAM PRYNN B, Late Exile and Close Prisoner in Mount-Orgueil Castle in the Isle of Jersey.

Psalme 104. 24. 25. 26.

O Lord how manifold are thy Works! in Wisedome hast thou made them all; the Earth is full of thy Riches. So is this great and wide SEA, wherein are things creeping innumerable, both small & great beasts. There goe the Shippes; there is that Leviathan thou hast made to play therein.

Psal. 77. 19.

Thy way is in the SEA, and thy path in the GREAT WATERS, and thy footsteps are not knowne.

Isaiah 43. 1. 2. 3. 5. 6.

But now thus saith the Lord that created thee, O Jacob, and he that formed thee O Israel, Feare not, for I have redeemed thee, I have called thee by thy Name, thou art mine. When thou passest through the WATERS I will be with thee, and through the RIVERS, they shall not overflow thee; when thou walkest through the fire thou shalt not be burnt, neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour, &c.

Psalme 66. 12.

Thou hast caused men to ride over our heads; we went through FIRE and through WATER, but thou broughtest us out into a wealthy place.

---

London Printed by T. Cotes, for Michael Sparke dwelling at the blue Bible in Greene Arbor. 1641.

To which all Structures made by men doe seeme  
But Mole-hills, Attomes, and of no esteeme.  
He who such heavie Rockes could make, lift, rare,  
(g) Weigh, toss with ease, as if they feathers were;  
With greater ease can lift and elevate  
*His humbled Saints out of their (b) lowest State :*  
*And in an instant into (i) shivers dash,*  
*All who with Him or Them presume to clash.*

## 15.

(k) Job. 14.9.  
(l) Gen. 3. 19.  
Eccl. 3. 10.c.  
12. 7.  
(m) Psa. 103. 14.  
15. 16. Psa. 90.  
5. 6. Isa. 4. 6.  
7. 8. Job 14.  
1. 2. Jam. 1. 10.  
1 Pet. 1. 24.

When we discerne the *Sea, and Time to (k)* we are  
*The very Rockes*, and them to walke, eate, teare;  
Thinke and contemplate then, how time, age, space  
All things consume, waste, weaken and deface;  
But chiefly Men, compact of (l) Dust, not stone  
Who fade like (m) grasse, are in a Moment gone.  
How can meere Dust and Ashes thinke to last,  
When time and age the hardest Rockes doe wast?

## 16.

(n) Obad. 3.  
Jer. 49. 16.c.  
21.13.

Those who in *lofty, fenced, steep Rockes dwell*  
*Are (n) haughty, proud, secure, and farre excell*  
Molt others in thefe vices, flighting all,  
As if no Mischife could upon them fall.  
Whence sodaine Dangers, Ruines them surprise  
(To quell their Pride) from thofe theymost despise;  
Thus carnall Men advanc'd and fortifie  
With potent Friends, wealth, Honours, *swell with*  
(o) *Pride;*  
*Deride all Dangers, Foes, grow so secure,*  
*As if their Props and Stays should still endure.*  
Whence God their Pride to punysh and abate  
Cafts them downe head-long by some sodaine  
Fate.

Which

Which should make all, but great men specially  
Beware of Pride, and grosse Security,  
The *sad (p) Fore-runners of a certaine fall,*  
Which them and theirs will soone to peeces mall.

(p) Prov. 16. 18.  
Rev. 18. 7. 8.

17.

When as we see Men with must cost and paine  
To Mine the Rocks, and Treasures thence to gaine  
Of fundry Sorts; where with they much increase  
Their wealth, and make things meeke for warre  
and Peace :

It forth-with mindes us how with farre more care,  
Cost, Paines, Sweat, Labour all who Christians are,  
Should dayly (q) Search, and Myne for richer Oare  
*In Christ their Rocke, in whom there is such store*  
*Of peueresse Mines, and Treasures of each Kinde*  
*As well content, yea (r) fill the vastest Minde;*  
And store all Christians with all Things they need  
In Peace and War, Life, death ! Let this then breed  
A Resolution in us, still to Mine,  
And draw these Treasures from this Rock Divine.

(q) Prov. 3. 4.  
Col. 2. 2. 3.  
Mat. 13. 44.

(r) Ephes. 1. 23.  
Joh. 1. 16.

18.

Whiles that we view Men Rockes to smite, pierce,  
rent  
With Sledges, Axes, or like Instrument;  
We then shoudle ponder, how we all each day  
Our blessed Rocke Christ Jesus (s) smite, stab, slay  
*A fresh with those accursed Sinnes and Crimes*  
*Where with we grieve, pierce, wound Him at all times :*  
Which Thought shoudle turne the Edge, and Point  
of all  
Our Sinnes from Him; upon our selves to mall  
Break

(s) Amos 2. 13.  
Heb. 10. 29. c.  
6. 6. 2 Pet. 2. 1.  
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Breake, wound our Rockie hearts, because we rent,  
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*Smiting upon us with an (t) Iron Rod*  
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Springs, Quarries, Mines in Rockes, ne're drawne  
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Present most sweetely to each Minde and Eye  
The (v) inexhausted, boundlesse, Endlesse Mines,  
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Within the Bosome of the Deity,

To feede, feast, fill, enrich, each hungry, poore,  
Sad, pined Soule, with all their matchlesse store.  
The very thoughts whereof our Hearts should fill  
With sweetest Solace, and delight them still.

(x) Exod. 15.  
5. Neh. 9. 11.  
Jer. 51. 63. 64.  
Mat. 18. 6. Rev.  
18. 22.

21.

When I perceive the smalleſt Pibble (x) ſinke  
In Floods, as deepe as greatest Rockes, I thinke

How

How smalleſt Sinnes are deadly, and as well,  
As ſoone almoſt, as Great, ſinke Men to Hell.  
O then beware of all ſinnes, ſince the ſmall  
As well as great to (y) Hell thus tend and fall.  
Let Papifts talke of Veniall ſinnes, I trow.  
No ſinne is veniall, when all ſinke fo low.

(y) Rom 6.23.  
c.7.24.25. Ec.  
12.18. Math.  
12.36.37.

22.

The worthleſſe Rubbiſh in each Rocke exceeds,  
And hides the Mines and Precious ſtones it breeds:  
Yea, richelh Mines have ever greater Store  
Of droffe and offall, than refined Oare.  
Which pondred, learnes us, how each Place,

(C) Church breeds

More Bad than Good: that Good Mens Ill, exceeds  
Their Goodneſſe: that the Bad, Good Men obſcure  
As Rubbiſh hides, Surmounts the Oare that's pure.  
Hence Multitude, and viſibility  
Appeare ill Markes a Churcheſ Truth to trie.

(z) Mat. 7.13.  
14. c. 13. 3.10  
51. Luk. 15.23.  
24. Rom. 10.  
16. c. 11. 4.5.

23.

When (a) Rockes or Stones fallop Men, and them daſh  
To peeces, or at leaſt them bruife and quafh:  
It mindes us how our Rocke Christ (b) grindeth all  
To powder, upon whom he doth once fall.  
O then beware how we pull on our backes  
This Maſſie Rocke which Men to peeces crackes.

(a) Josh. 10.11  
Judg. 9.53.54.  
2 Sam. 18. 21.  
Zech. 12. 3.  
Luk. 13.4.  
(b) Isa. 8. 14.  
15. Luk. 2. 34.  
Pſa. 2. 9. Rev. 2.  
27. c. 19. 15.

24.

(c) Rockes keepe from ſinking thoſe who walke or Stand  
Upon them, whiles ſuch, who on Bogges, Floods,  
Sand

(c) Pſal. 41.2.  
Pſal 61.2.

H

Doe

(d) Psal. 40.2.  
Psal.69. 2.14.  
Mat.14.30. Jer.  
38.6.20.

Doe walke, (d) rest, stay, sinke downe and mired are,  
Yea oft times drowned without speciall care.  
Hence may we learne that those who walke, rest,  
stay,

Themselves on Christ (the surest Rocke) alway  
Stand firme, safe,stable; never sinking downe;  
Whiles those who on Bogges, Sands sinke, stand,  
and drowne.

O let our feete on this Rocke still abide  
Then are we certaine not to sinke, fall, slide.

## 25.

(e) Isa. 33.16.  
(f) Joh.10.11.  
14.27.28.29.  
1 Pet.1.5. c.4  
19.  
(g) Luk.2.30.  
Mat.21.44. Pf.  
2.9.10.

Rockes those who dwell upon them fence, (e) defend,  
But those who Scale them, hurt, bruise and offend.  
So Christ our Rocke (f) protectis his Chosen sheepe  
Who rest upon Him, doth them safelypeepe.  
Yet hurts and breakes to (g) peeces all such Foes,  
Who dare presume Him, and them to oppose.

## 26.

(h) Isa. 2. 10.  
19. 21. Rev. 6.  
15. 16. 17.  
Luk. 23. 30.  
Hof. 10.8.  
(i) 1 King.19.  
11. Nah.1.5.6.  
Mat.27.51. Isa.  
64.1.2.3. Psal.  
97. 5. Amos 9.  
13.2 Pet. 3. 10.  
12. Judg.5.5.

(k) Isa.2.10.10.  
18. c.s. 15.16.  
2 Thes. 1. 8. 9.  
Jude 14.15.

The sight of Rockes, their (h) Clifts, Caves, Holes  
should Mindc,  
All of the Day of Judgement, yet behinde :  
So full of dreadfull Terrour and Affright  
That (i) Kings themselves, and men of greatest Might  
Shall quake and shake for very feare; and call  
Unto the Rockes and Hills on them to fall;  
And into Caves, Holes, Clifts of Rockes shall flye  
To hide them from the Wrath, Sight, Majestie  
Of Christ our Rocke, before whose dreadfull face  
The Rockes shall then melt, fall, quake, change their place.  
And all the (k) Stout, proud, Rockie Hearts of those  
Who did Himselfe, Word, Grace, Saines here op-  
pose.

Shall

*Shall be so daunted, stonish't, struke with feare  
And Horror, that they (<sup>1</sup>) dare not once appeare;  
Till drag'd perforce before Chrits Barre and Fac',  
Where try'd, convict, condemn'd, with all disgrace  
They shall be cast for all Eternity  
Into Hells fiery Flame, there still to fry.  
O let the Terrour of this dismal Day,  
(Which now drawes neare, and we should (<sup>m</sup>) mind  
alwayz;)*

*For ever scare us from all Sinne, and make  
Our Stony Hearts to melt, bleed, sigh, breake, ake :  
And cause us now with speed to fye and hide  
Our selvies within the Holes of Chrits pierc'd side,  
Who shall us (<sup>n</sup>) judge : and then we boldly may  
(o) Lift up our Heads, and Hearts in that great Day  
With joyfull cheare, when others hang them  
downe;  
And eke receive a Rich, Large, Massie (<sup>p</sup>) Crowne  
Of endlesse Glory, in the Heavens bigh.  
Where we shall reigne for all Eternity.*

(<sup>1</sup>) Psal. 1. 5. 1.  
Petr. 4. 18. Mat.  
25. 30. 31. 32.  
42. 46. 2.  
Thes. 2. 8. 9. 10.  
Dan. 12. 2. Joh.  
5. 25. 29. Rev.  
6. 14. 15. 16.  
17. C. 20. 9. 10.  
12. 14. 15.

(<sup>m</sup>) Jam. 5. 7.  
8. 9. Rev. 22. 20.  
(<sup>n</sup>) 2Cor. 5. 10.  
11. Rom. 14.  
10. 11. 12.  
Rom. 2. 16. Pfa.  
143. 9.  
(o) Luk. 21. 28.  
(p) 2 Cor. 4. 4.  
2 Tim. 4. 8.  
(q) Rev. 22. 4.  
5.

O Christ (our onely Rocke) of thy free Grace  
Advance, and bring us to this blisfull Place :  
And let each Rocke, Clift, Stone we henceforth see  
Instruct us thus, and bring us home to Thee.

*The Conclusion.*

**V**With these sweete usefull Thoughts, and  
thousands more  
The Barren Rockes, our Hearts, and Minds may  
store

When we behold them : and if Natures Booke,  
And Rockes, whiles we upon them dayly looke,  
Can teach us Nothing which our Lives may mend,  
Or cause our Hearts, Minds, Thoughts up to ascend  
To Christ their Rock, God, and the Things above,  
Them to contemplate with the greatest Love;  
Our Hearts are Rockie; We, quite voyd of Grace;  
And Rockes than we, are yet in better Case.

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*FINIS.*

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# A CHRISTIAN SEA-CARD.

Consisting of sundry Poeticall *Meditations*, raised from the Contemplation of the Nature and Qualities of the sea.

By WILLIAM PRYNNE, Late Exile and Close Prisoner in Mount-Orgueil Castle in the Isle of Jersey.

Psalme 104. 24. 25. 26.

O Lord how manifold are thy Works! in Wisedome hast thou made them all; the Earth is full of thy Riches. So is this great and wide SEA, wherein are things creeping innumerable, both small & great beasts. There goe the Shippes; there is that Leviathan thou hast made to play therein.

Psal. 77. 19.

Thy way is in the SEA, and thy path in the GREAT WATERS, and thy footesteps are not knowne.

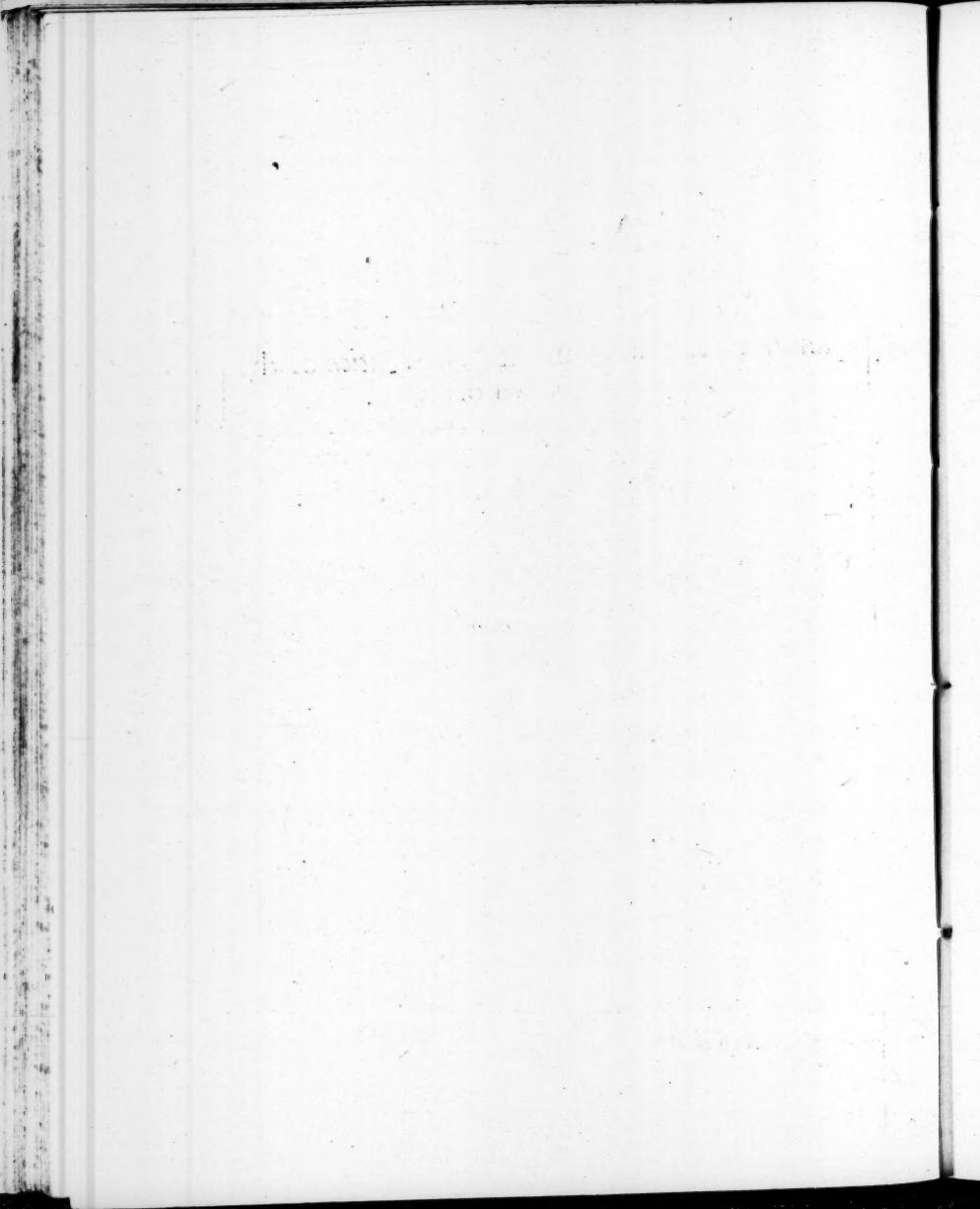
Isaiah 43. 1. 2. 3. 5. 6.

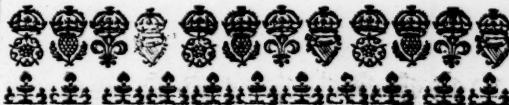
But now thus saith the Lord that created thee, O Jacob, and he that formed thee O Israel, Feare not, for I have redeemed thee, I have called thee by thy Name, thou art mine. When thou passest through the WATERS I will be with thee, and through the RIVERS, they shall not overflow thee; when thou walkest through the fire thou shalt not be burnt, neither shall the flame kindle upon thee. For I am the Lord thy God, the Holy One of Israel, thy Saviour, &c.

Psalme 66. 12.

Thou hast caused men to ride over our heads; we went through FIRE and through WATER, but thou broughtest us out into a wealthy place.

London Printed by T. Cotes, for Michael Sparke dwelling at the blue Bible in Greene Arbor. 1641.





TO

The Worshipfull his highly  
Honoured Friend M<sup>r</sup>. Elizabeth Car-  
teret, Daughter to Sir Philip Carteret, Knight,  
Lievtenant Governor and Bayliffe of the  
Isle of Jersy.

**T**HAT neare relation wherein now you  
stand

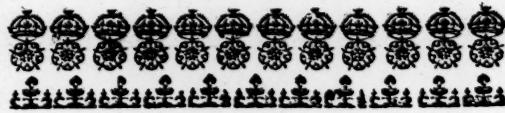
By Habitation, and a Nuptiall Band,  
To Sea, and Sea-men; did at first in-  
duce

Me to digest this SEA-CARD for your Use,  
And his you most esteeme; which in some sort  
May helpe conduct you unto Heav'n's blest Port,  
The onely H<sup>e</sup>aven which you now most Eye,  
And strive for to arrive in when you dye.  
Accept it therefore (though scarce worthy view,)  
As a small pledge of his Respects to you,  
Who much adores your Vertues, and must deeme  
His Muse too meane to adde to your esteeme.

Your Engaged Friend

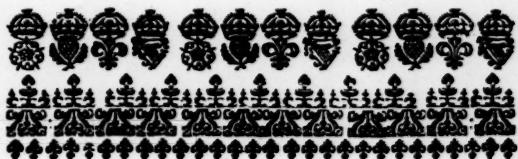
and Servant,

WILLIAM PRYNNE.



**S**ith God Seas, Rockes, in Place haib joynd together  
It were unkindnesse them in Verse to sever.  
And hence my Muse, which bates to be unkinde,  
Hath them, in these two Poems, here combinide.





# A CHRISTIAN SEA-CARD.

Consisting of sundry Poeticall  
Meditations raised from the Contem-  
plation of the Nature and Qua-  
lities of the sea.

---

## THE PROLOGUE.

---



His *World's* an ample *Volume*, where  
we may  
Not onely *Read*, but (a) *See God Day*  
*by Day* ;  
And *every Creature* which it doth com-  
prise,  
A *Text* to preach him to our *Hearts and Eyes* :

I

No

(a) Rom. I. 19.  
20. Act. 14. 15.  
16. 17. Psal. 19.  
1.

(b) Psal. 8.1.3.  
4.9. Psal. 104.  
24.25.&c. Psal.  
19.1.

No Plant, Herbe, Graffe so small, so vile but can  
*Teach, and demonstrate God himselfe to Man,*  
*With his eternall Wisedome, Goodnesse, Power,*  
*Which he is blind, who seeth not in each Flower.*  
 Looke we above, beneath, or round about,  
*All that we see doth (b) point, nay paint God out,*  
*Amongt the world of Creatures which present*  
*God to our Thoughts, and Eyes with sweete content*  
*Me thinkes tht See, (oft viewed with delight,*  
*Shewes him most cleerely to our Minds and sight.*  
*From whence a pious Heart may raise such store*  
*Of godly Thoughts, that plenty makes it poore.*



### Meditations of the first Kinde.

I.

\* Gen. 7.18.to  
24.

(c) Mich. 7.19.

(c) Joh. 1.7.  
Rev. 21.5.

**A**nd first, the vaste Sea, which with speede *can*  
*drown*  
*The greatest Island, Mountaine, Ship or Towne,*  
*As easie as the smalleſt, Mole-hill, Boate,*  
*Or cottage, in its all-devouring throat;*  
*Most sweetely represents to finneſul Man*  
*The vaste, immense, and boundleſſe (c) Ocean*  
*Of Gds free Grace and Mercy; ſo profound,*  
*That worlds of greatest finnes in it are drown'd;*  
*No crimes ſo hainous, great, or numberleſſe;*  
*But if with bleeding ſoules we them (c) confeffe*  
*And quite abandon, this large ſea of Grace*  
*Shall overwhelme, wash out, and cleane deface:*  
*O sweeteſt folacie to a broken Heart,*  
*And finneſicke ſoule, diſirous to convert!*

What

What though thy horrid sins and bainous crimes,  
Be greater than the world ten thousand times?  
Loe, her's a Sea more vast *shall (d)* drowne them all.  
*Without exception, great, as deepe, as small.*  
O then despaire not, but behold with joy.  
This Ocean, which shall all thy finnes destroy.  
Lord, let us ever Saile in this sweete Sea,  
Where Soules are sav'd, *Sinnes* onely Shipwreckt be.

## 2.

Againe, this *(e)* great Sea's huge immensity  
Length, Breadth, Depth, Bulke, a vaster Deity  
And greater God *who (e)* made it, clearely prove,  
Then feare, yea fly his wrath, embrace his love;  
Before all earthly Monarchs, since they be  
Not by ten thousand parts so great as He;  
Or as the *Sea*, that shadowes to our eyes,  
*His (f) greatness which our thoughts cannot comprise.*  
What Creature, danger then shall once dismay  
Those, who this Great God make their onely stay?

## 3.

The Sea points forth unto us every hourre,  
Gods infinite, Almighty, Soveraigne power;  
*Who did (g) Create it with a Word, and still* \*  
*Controlyes, (h) rules, calmes its raging waves at will,*  
*When they with boisterous Tempest, roare, and swell*  
*As high as Heav'n, sink downe as low as Hell:*  
*Bounding its proudest flouds with smalleſt Sand;*  
To shew how great a force weake things with-  
stand

When backt by God, fithe petty Sands can stay  
The raging Seas fierce March, and blocke its way.

*(d)* 1 Joh. 1.7.  
Rev. 1.5. Mich.  
7.19.

*(e)* Psal. 104.  
25. Psal. 107.  
23. 24. Psal. 95.  
3. 5. Gen. 1.9.

*(f)* Psal. 145. 3.  
Ila. 40. 12. 15.  
17. 22.

*(g)* Psal. 95. 3. 5.  
*(h)* Job 38. 11.  
Psal. 104. 9. 10.  
1. 1. Psal. 107.  
25. 10. 30. Pro.  
8. 29. Jer. 5. 22.  
cap. 3. 1. 35.

(i) Psal. 89.8.

9. Mat. 8.25.

27. Isa. 51.10.

Psal. 7.4. Psal.

106.9. Psal. 78.

33. Psal. 93.3.

4.

\* Psal. 2.9.

(4) Psal. 46.2.

3.

(1) Luk. 21.17.

18. Mat. 10.28.

29.30.

(m) Neh. 6.11.

Dan. 3.13. to

19. Psal. 26.1.

2. Psal. 46.1.2.

3. Act. 21.13.14.

Pro. 28.1.

Who but a (i) God of might can tame and charme  
 Such foaming bedlam Seas, and them dis-arme.  
 Of all their fury, strength, and them divide  
 Tea, dry at pleasure, to abate their pride ?  
 And cannot he who bounds, rules, calmes and quels  
 The boist'rous Ocean, when it roares and fwels  
 With greatest force and furie, bridle, swage  
 Both men and Devills when they storme and rage?  
 Tea \* dash them into shivers with more ease  
 And speed, than Seas a potsherd, if He please?  
 Why should wee then once (4) dread their threats or  
 frownes,

Their might or fury which our God still bounds ?  
 They cannot touch one (1) haire, if he say nay,  
 Much lesse our Soules harme, or our bodies slay  
 Whilest we with upright hearts for his cause stand.  
 O sweete ! sweete comfort to Gods chosen Band !  
 Thinke well of this, and then we shall (m) defie  
 All Tyrants rage, and neare once feare, nor flye.  
 What ever comes, when God shall call us out  
 To fight for him, and shew ou're selves most stout.

4.

Besides, the Flux, and Reflux of Seas Tyde  
 At certaine constant houres, without a guide:  
 Its wife disposall to each shore, Port, Creeke,  
 Throughout the world, where men for traffique  
 seeke :  
 Its close \* conveyance to all Fountaines, Springs,

The Earth to water, and all living things :  
 The great and wondrous strange \* variety  
 Of Fissh and Creatures, which doe live, breed, lye  
 Within its wombe, Men to delight and feede,  
 As well in times of plenty as of neede.

What

What doe they all demonstrate to our eyes  
And Mindes, but that God is most skilfull (<sup>n</sup>) wise  
*In these his wondrous workes*, exceeding all  
Mens Art, farre more than Earth a Tennis-Ball.  
O let us then in all we enterprize,  
Submit our wits to him who is so wise,  
Craving his ayde, and giving him the praeife  
Of his great wisedome, which must (<sup>o</sup>) guide our wayes.

5.

Yea, these shew forth to Men Gods Providence,  
*Which doth the Sea thus order, guide, dispence*  
*In (<sup>p</sup>) wondrous manner, and feede, rule, sustaine*  
*All Fishes, creatures which it doth containe;*  
And is as watchfull, restlesse (<sup>q</sup>) night and day,  
As Seas, which ever move, but never stay.  
Thrice (<sup>r</sup>) happie they who firmly can relie  
Upon Gods care in all extremity :  
He who each wave doth rule, and each fish feede,  
*Will in (<sup>s</sup>) due season, send them all they neede.*

6.

The Seas great depth, which few or none can  
sound,  
*Points out (<sup>t</sup>) Gods secret Judgements more profound :*  
Yea, Ships, Barkes, Boates which plough the Seas  
bright face,

Yet leave no footsteps by which them to trace,  
Gods hidden Connells, wayes, and deepe decrees  
Past finding out, present to all degrees.  
Hence God is (<sup>v</sup>) sayd, in Sea to have his way,  
His pathes in waters deepe past mans display,

I 3

(n) Psal. 104. 6.  
10. 15. 24. 25.  
26. 27. Psal.  
136. 5.

(o) Psal. 31. 3.  
Psal. 48. 14. Isa.  
58. 11.

(p) Psal. 104.  
28. 29. Psal. 145.  
8. 9. 15. 16.  
(q) Psal. 121. 1.  
3. 4. 5. 6. 7. 8.

(r) Psal. 146. 5.  
Psal. 34. 8.

(s) Psal. 34. 10.  
17. 22. Psal. 37.  
3. 4. 5.

(t) Rom 11. 33  
34. Psal. 36. 6.  
Job 11. 7. 8. 9.

(v) Psal. 77.  
19.

O

\* Deut. 29. 29.  
Rom. 12. 3. 1  
Sam. 6. 19.  
Exod. 19. 21.  
22.24.

(x) Psal. 104.  
25. Josh. 1.4.

(y) Ju. 23.24.  
Psa. 139.3.7.9.

(z) Psal. 139.  
7.3.9. Amos 9.  
1.2.3. 4. 5. Jer.  
5.23.24.

(a) Psal. 65.5.  
& 139.9.10. &  
23.4. Isa. 43.2.  
Josh. 1.5.7.9.  
Jer.45 5.

(b) Gen.39.20.  
21.23. A&t. 16.  
24.25. Dan 3.  
23.24. 2+25.  
26.28. c.6.20.  
21.22.23.

(c) Psal. 107.  
25.26. 27. 28.  
Isa.50.30. Lam.  
2.13. Jer. 51.  
35. Gen.7. 18.

O then adore his Judgements, Counsells deepe;  
And not \* presume into them once to peape  
*With prying eyes, beyond those bounds which He*  
*In sacred writ hath fixed unto thee.*

## 7.

The Length and \* widenesse of the Sea, which spreads  
It selfe both farre and neare, to pious Heads.  
And Hearts shewes forth the vaite immensity,  
And Omni-presence of the Deity;  
*Which (y) fills both Earth and Heaven,Sea,world,Hell;*  
*Tea every part of each : O strange to tell !*  
Oh horrid Meditation ! to the Rout  
Of graceleffe sinners; when they goe about  
To hide, or flye from Cod, who doth fore-stall,  
*Nay (z) fill all corners into which they crall.*  
How can they then escape his venging hand,  
Which is so neare them both by *Sea* and *Land*?  
Yet matchleffe solace to Gods chosen sheepe,  
*That his sweete (a) presence shall them cheare,fence,keepe,*  
*By Sea and Land, where ere they live or goe :*  
This makes them happie in a world of woe.  
What neede we then to feare a banishment  
From Friends,or home, or close Imprisonment :  
In any hole or dungeon ? since (b) no place  
*Can barre from us Gods presence or his Grace?*  
Which ever make an *Heaven* where they dwell,  
*A roiall Pallace of the darkeſt Cell.*

## 8.

The raging Seas fierce waves and (c) roaring Cry  
*Which daunt all Hearts,spare neither Low nor High,*  
*Be wing*

Bearing downe all before them who withstand  
Their furious progress, with a potent hand.  
Describe Gods (*d*) dreadfull wrath, and dismall Ire,  
Against obdurate sinners, who conspire  
To breake his Lawes, oppose his Christ, despite  
And greive his Spirit, finning with delight,  
Without remorse or checke, till they (*e*) provoke  
Him to consume them with a fatal stroke.  
O let us oft consider, still feare, shunne  
His dreadfull wrath (*f*) from which we cannot runne,  
Much lesse resist it, praying Christ to swage  
And quench it (*g*) least we perish in Gods rage.  
The angry Floods can onely drowne or fright  
Us for a moment; but if Gods wrath light  
Upon us; Soule and Body both shall be  
Under its Tortures for (*h*) Eternitie.

(*d*) Nah. 1.2, to  
12. C. 2.1.

(*e*) Psal. 2.2.3.  
4.5.9. Deut. 29.  
19. 20. Jer. 7.  
18.1.9.

(*f*) Psal. 139.7.  
8.9.10. Jer. 11.  
11. 2 Chron.  
20. 6.

(*g*) Psal. 2.12.

(*h*) Mat. 29.41.  
Rev. 21.8.

## 9.

The Sea so usefull, good, and meeke for Fish  
And foule of all sorts that mans heart can wish:  
For Salt, Clouds, raine, springs rivers (*i*) (which  
proceede  
From it) and traffique for all things we neede:  
Proclames to all (*k*) Gods goodnesse, bounynge, grace,  
Who all this goodnesse in the Sea did place,  
To make Men happie. Let this goodnesse raise  
Our hearts to Love, and give him all (*l*) due praise.

(*i*) Ecclef. 1.7.  
Psal. 1C 4.9.10.

(*k*) Psal. 33.5.  
145.9.1C.

(*l*) Psal. 107.8.  
15.2. 31. Psal.  
145.7.4.1C.

## 10.

Once more, the Springs and Rivers which (*m*) ascend  
Out of the Sea at first, and in it end :  
Instruct us sweetely, how that every thing  
From God (the Sea of being) (\*) first did spring:

And

(*m*) Ecclef. 1.  
7. Psal. 104.9.  
10.  
(\*) Rom. 11.  
36. Gen. 1.1.  
Pro. 16.4.

*A Christian Sea-Card.*

(o) 1 Cor. 11.  
31. 1 Pet. 4. 11.  
(p) Luk. 1. 74.  
75. Rom. 14. 7.  
8.  
(q) 1 Chron.  
29. 11. to 18.  
1 Cor. 4. 7. and  
15. 10.  
(r) Act. 17. 28.  
(s) 1 Chron.  
29. 11. to 15.  
Psal. 29. 2. Psal.  
56. 12. Psal.  
116. 12.

And therefore should by way of thankefullnesse  
Their course, Aymes, Ends to him alone addresse,  
But chiefly Man, (first made, and since that (o)brought  
*To (p)servē God only in deed, word, and thought;*)  
Should all returne to him from whom it flowes,  
*Since (q) all is his that on us springs or growes.*  
O let us stude from our Hearts to give  
All *unto him, (r) in whom we are, move, live;*  
*It is his (s) due, our duty, all we have*  
*To render to him, who our soules must save:*  
Most blessed God let us thus oft behold  
Thee in this Christall glasse, the Sea, our cold  
And frozen Hearts to warme, with these sweete  
Rayes  
Which it reflects, to thine eternall praise.

**Meditations of the second Sort.**

**A** Gaine the Sea's of Christ a lively Type  
And his deare blood, which doth our sinnes  
out-wipe.

## I.

For, as the Sea all filth doth cleane away  
From Bodies, Vessells, Meates, Hearbes, Fruites,  
Array,

That in it washed are: *So Christs sweete Blood*  
*(More (t) cleansing than the purest spring or Flood)*  
*\* All filth and spots of sinne, which Soules defile,*  
*And in Gods eyes present them soule and vile,*

(1) Mat. 3. 2. 3.  
\* 1 Joh. 1. 7.  
Rev. 1. 5. Isa. 1.  
16. 17.

*Dotb*

Doth quite abolish, and so purge away  
 From all such soules, as on him first hold lay  
 By faith unfaimed, that no filth nor staine  
 Of any sinne, upon them shall remaine  
 To make (<sup>v</sup>) them loathsome in his Fathers sight,  
 In which they shine as starres most cleare and bright.  
 O let us prize this Blood beyond compare,  
 By which our Soules from sinne thus clenched are.

2.

The Sea which did the (<sup>y</sup>) wicked world destroy  
 By Gods command; yet saved upright Noe.  
 With that red Sea, which the  $\ddot{E}$ gyptians drown'd  
 When Gods owne people past it on dry ground  
 In safey, shadow that red Sea of Blood,  
 Which Christ upon the (<sup>a</sup>) Crosse shed for our good:  
 Wherein the (<sup>b</sup>) sinnes of all his chosen sleepe  
 With Hellish Pharaob, and his Hoast, so deete  
 Are sunke and drown'd, that they never shall  
 Appearre againe, their Soules once to inthrall.  
 O let our Sinnes in this red Sea be dround,  
 Then are we certayne nought shall us (<sup>c</sup>) confound.

3.

The Seas the way, meane, passe to (<sup>d</sup>) to transport  
 Men to those Ports to which they wculd resort.  
 Christs blood's the sea, (<sup>e</sup>) way, ship which men con-  
 voyes  
 From Earth to Heaven, and eternall Joyes.  
 Sweete Jesus let the Sea of thy bleit Blood  
 Conduet and leade us safely through the Flood  
 And Rockes of this worlds Sea, to Heavens Port,  
 To which thy chosen Flocke with hast resort.

K

The

(v) 1 Joh. 1.7.  
 Rev. 1.5. Heb.  
 9.14. Ephel 5.  
 26.27. 1 Cor. 6.  
 11. Act. 3.19.  
 Zech. 13.1. Rev.  
 7.14.

(x) Dan. 12.3.  
 Mat. 13. 43.  
 Phil. 2.15.  
 (y) Gen. 7. & 8.

(z) Exod. 14.  
 15. to 31.

(a) Col. 1.20.  
 Rev. 7. 14.  
 (b) Mich. 7.19.  
 1. Joh. 1.7. Jer.  
 5C. 20. C. 31. 34.

(c) Isa. 45. 17.

(d) Jonah. 1.3.  
 Isa. 8. 2.

(e) Joh. 19. 6.  
 Ephel 2.12. 13.  
 18. 19. Rev. 5.9.  
 10. Heb. 10. 19.  
 20.

4.

(f) Psal. 80. 7.  
19. & 89. 15.  
Cant. 2.14. A&T.  
2.28.

The Seas faire, lovely, shining azure Face,  
It's pleasent Calmes in Halcion-daiies Gods Grace,  
And sweete appeased (f) *Loving Countenance*  
*To us in Christ, (which raps into a trance*  
*The saddest Hearts and fills them with content*  
*And matchless joyes)* most lively represent.  
O then in all our griefe and misery,  
On Gods sweete smiling Face still fixe an Eye,  
Which will support our soules in all distresse,  
And cheare them so, that nought shall us oppresse.

Sweete Jesu when the Sea we view or passe,  
Present thy selfe thus to us in its glasse :  
Then if it wrecke or drowne us, yet shall we  
Through thy Bloody Sea, escape and saved be.



### Meditations of the third Ranke.

(g) 1 Pet. 5.8.  
1 Joh. 2.15.16.  
1 Pet. 2.11.

**B**esides, the Sea exhibits to our sight  
A lively Emblem of the State and plight  
Of Gods Elect, with all those sore and great  
Stormes of Afflictions, which doe dayly beate  
Upon them, whiles they passe this Sea below.  
*Where (g) World, Flesh, Devill, seek to overthrow.*

For

## I.

For first, the Sea is \* restlesse night and Day;  
 Its flux and constant progresse, none can stay :  
 Just so are Gods elect, who always move;  
 (b) Tending to Heaven and the things above;  
 No Bankes, Winde, Stormes, (i) threats, death, their  
 course can cease  
 Till they arrive at Heavens Port in Peace.

## 2.

The Sea is ever (k) tost from place to place  
 With Winds, stormes, Tides; And is not this the Case  
 Of Gods deare Saints ? still (l) hasted too and fro  
 (By sundry Tempests which they undergoe)  
 From Coast to Coast, from Goale to Goale, to snew  
 They Pilgrims are, and Strangers here below.  
 Fixt to no Certaine Clime, and that their home  
 And resting place, is in the world to come.

## 3.

The Sea is ever working, purging forth,  
 And (n) casting out filth,weedes, trash of no worth  
 Which falls into it, and corrupt, defile  
 Its Christall streames,making them foule and vile.  
 Thus Gods Elect still (o) purge out, and ejet.  
 Those Lusts, sinnes, vices, which their Soules infect  
 With such suggestions as fule Devills cast  
 Into their Hearts, them to pollute and Waste.

\* Isa.57. 20.

(b) Psal. 84.7.  
Phil. 3. 13.14.15.  
(i) Rom.8.35.  
36.37. 38.39.  
2Cor.1.8.9.10.  
11.c.6.4.1011.  
Heb. 11. 35.  
36.37.(k) Jam. 1.6.  
Jer.5.22.(l) Job 7. 4.  
Psal. 109. 23.  
Isa.22.18.c.54.  
11. Heb. 11.8.  
9. 13. 14.27.  
37. Gen.12.1.  
5.6. 8.9. 10.c.  
15. 13. 1 Cor.  
11. 23. to 29.Ruth.1.  
(m) Gen.47.9.  
1 Chron.29.15Psal. 39. 12.  
Psal. 119. 19.  
Heb.11.13.14.  
1 Pet. 2. 11.  
Lev.25.23.  
(n) Isa.57.20.  
(o) Isa. 1. 16.  
Cant. 5. 3. 1  
Cor. 6. 11. 2  
Cor. 7.1. Rev.  
7. 14. Heb. 9.  
14. Tit. 3.3.5.  
Ephes.4.22.10  
32.

4.

(p) Psal. 107.  
25. to 30. Jon.

1.

(q) Psal. 34. 19.

Psal. 42. 7. Ag.

14. 22. Heb. 1. 1.

35. 36. 37. 38.

2 Cor. 11. 23.

to 29. Ruth. 1.

20. 21.

The *Sea's* (p) exposed to all stormes and *Winds*;  
So (q) *Saints* to Troubles, *Crosses*, of all kindes,  
To make them bumble, and translate their love  
From things on Earth, unto the things above.

5.

None dare to crosse the *Sea* without a *Card*  
Or *Compass*, which they still with care regard,  
Steering their course thereby, for feare they stray  
Or misse their Port, and so be cast away:

Thus Gods Elect, whilst they doe saile and rove  
In this worlds *Sea*, by *Compass* ever move,  
*Steering their Rudder*, by (r) Gods *Sacred Writ*  
For feare they misse their Harbor, or else hit  
Their Soules against those Rockes, Shelves, Sands  
which lye  
To Crosse their voyage to Eternity.

6.

The Ebbing *Sea* discovers to the eye  
Those dangerous Rockes, Shelves, Sands, that hid-  
den lye  
At full *Sea Tides*, which then oft drowne and  
sinke  
Those who approach them, when they least feare,  
thinke

Of any danger: So the Ebbing State,  
The *Crosses* of Gods Chosen (s) Demonstrate  
And point out to them many Rockes, Shelves, Sands,  
To shipwracke Soules, betray them to the hands

(s) Psal. 119.  
67. 71. Ezech.  
16. 62. 63. 2  
Chron. 23. 11.  
12. 13. Heb. 11.  
24. 25. 26. 27.

Of

*Of Hellish Pyrats, which still hidden lye,  
And undiscerned in prosperity.*

By which they shun their danger, and commend  
These Ebbes, which from such perills them defend,  
Before those Full-Sea-Tides of wealth and joy,  
*Which (t) Shipwrecke thousands; and their Soules de-  
stroy.*

(t) Prov. 1.32.  
Jer. 22. 21. 1  
Joh. 2. 15. 16.  
1 Tim. 6.9.10.

7.

The lowest Ebbe, hath still the highest Flood;  
*Saints deepest sorrowes (v) end in greatest good:*  
Their Floods of joy transcend their Ebbes of woe  
Beyond compare, and all their grieves out-goe.

(v) Psal. 1.26.2.  
3.15.6. Isa. 25.8.  
9. c.35.3.4.10.  
c.61.3. c. 9.3.  
4.c.65.14. Mat.  
5.4. 13.12. Rev  
6.9.14. 15.16.  
17.

8.

When Seas are at their lowest Ebbe, they then  
Forth-with begin to spring and flow. So men  
Belov'd of God, *when as they seeme to lye*  
*At lowest (w) Ebbe, in deepest misery,*  
Past helpe, past hope in Caruall mens account,  
Beyond all expectation, spring and mount  
Above their Crosses, and enjoy a Flood  
Of Peace, wealth, honour, and the greatt good.  
If old examples faile, you may now view  
The truth hereof in some yet fresh and new.

(w) Ephes. 3.  
20.21. Gen. 22.  
10.10 20. c.42.  
9.10 50. Exod.  
12. and 4. Heft.  
5. 6. 7. 8. & 9.  
Dan. 3.8 .10 30.  
c.4.33.34.35;  
36.37.37. 15.  
10 28. Mat. 27.  
& 28. 1.2. 1  
Sam. 2. 6.7.8.  
Psal.3.2.3.

(x) Psal. 95.4.  
5. Job 38.2.10.  
(y) Job 1. 21.  
1 Sam.3. 18. &  
2.6.7.8. Deut.  
32.39. Mat. 10.  
29.30.31.

9.

Gods (x) Will and pleasure onely is the Canse  
Why Seas doe Ebbe and flow; not any Lawes  
Of Nature, Moone, or Planets: So the will  
And (y) blessed pleasure of our God is still

K 3

The

The first chiefe cause, of all the Ebbes and Tides  
Which here befall his Saints, nought else besides :  
Yea, as Sea Stormes (*c*) proceede from God, and tosse  
Men up towards Heaven : So each storme and crosse  
Which lieth on Gods Elect (*a*) from him first springs  
And nearer Heaven them liftis up, and brings.

10.

(*c*) Psal. 107.  
25.26.27. Jon.  
1.4.  
(*a*) Psal. 73.14.  
25.26.28. Phi.  
3.26. Psal. 130.  
1.5.6.

The Sea is (*b*) Salt and brackis : Crosses are  
The like, at (*c*) first, to Saints who doe them beare.

11.

(*d*) 2 Cor. 1.4.  
5. 6. Heb. 12.  
11. 12. Psal.  
126. 5.6.

The Saltest Seas the sweetest Fishes breed :  
Saints (*d*) sweetest comforts from the Crosse proceede:  
Yea, as the best and largest Fish are found  
In Salte waters : So the best, most sound,  
Large, strongest Christians, which wee finde, or  
knew,  
In (*e*) harhest Floods of Sorrowes alwayes grow.

12.

(*e*) Psal. 119.  
67.71. Isa. 48.  
10. Jam. 5.10.

The Seas salt waters clese and purifie  
Things that are filthy : Thus aduersitie  
Doth (*f*) purge and wash away from Gods Elect  
Those Spots, sinnes; vices, which their Soules infect.

13.

(*f*) Dan. 12.35.  
c.12.10. Isa. 1.  
25.1 Pet. 1.7.  
Zech. 13.9.

(*g*) Psal. 119.  
61. 71. 75. 2.  
Tim. 4.17.18.  
Isa. 30.20.21.

Seas brinish waters pickle and preserve  
Things from corruption: So (*g*) Afflictions serve  
To season Saints, who else would purifie,  
And rot in those soule sinnes, which now they flye.

Sea-

14.

*Sea stormes drive Men to (b) prayers, cryes, and teares,  
Augmented and intended by their Feares :  
Yea, make them post to Harbours, for releefe;  
And bid the Sea adieu with Joy, not greefe:  
*Thus troubles cause the Saints to (i) pray and cry  
To God for helpe with greater servencie;  
Intend, increase their prayers; make them (k) flye  
To God their Harbour, for security;  
Cause them to loath and (l) leave this world with joy:  
Whose waves and Tempests them still sore annoy.**

(b) Psal. 107.  
27. 28. 29. Jon.  
1. 4. to 16. Mat.  
8. 24. 25.

(i) Psal. 18. 6.  
118. 15. 120. 1.  
Hos. 5. 15.  
(k) Psal. 143. 9.  
10. 11. 12.  
(l) Phil. 1. 21.  
23. Jobi 1. 1.  
King. 19. 4.

15.

*And as great blustering stormes doe sooner drive  
Ships to the Harbours where they would arive,  
Then Calmes and mildest Gales: So (m) Crosses  
mend  
Gods darlings speed, and oft times sooner send  
Them unto Heaven, then (n) prosperity,  
Which calmes their Sailers, and makes them still to lye,*

(m) Hosea 5.  
15. Psal. 107.  
27. 38. 30. Psal.  
143. 9. 10.

(n) Psal. 30. 6.  
Jer. 22. 31. Pro.  
1. 27.

16.

*The Tempest that besell the Ship wherein  
The Prophet (o) Jonah fled, and slept in sinne,  
Did never slacke nor cease, till he was cast  
Into the Sea, which done the storme was past:  
So, Saints afflictions (p) never swage nor end,  
Till Jonah be cast out, and they amend,  
Which done, their Tempests cease, and calmes succeede,  
Unlesse some other Jonah in them breed.*

(o) Jonah 1.

(p) Josh. 7. 11.  
12. Jon. 3. 10.  
Hos. 5. 15. Isa.  
27. 9. Ezeck.  
16. 61. c. 36.  
21. to 38.

In

(q) Jer. 51.42.  
Mat. 6.24. Psal.  
107.27.28.29.  
\* Dan. 11.35.  
(r) Job. 1.13.  
to 22. Psal. 42.  
7. 88. 7. & 34.  
19. Isa. 54.11.

17.

In stormes at Sea, the (q) waves come on so fast,  
That fresh succede before the first be past:  
So Crosses on Gods Saints so thicke oft late  
To humble, try, purge, wash and make them bright:  
That one (r) treads on the others heeles, and new  
Come on before the old bid them adieu.

18.

(s) Psal. 107.  
28.29.30. Jon.  
1.5. Mat. 8. 24.  
26. Psal. 8.9.  
(t) Psal. 34.19.  
& 37. 38. 39.  
40. Job 42.10.  
11. Jam. 5.11.  
Psal. 94. 13 &  
116.7. Isa. 14.  
3. c. 57. 2. I  
King. 5.4. Mic.  
7.8.9.  
(v) 1 Pet. 5.6.  
Psal. 37.34. Isa.  
25.9.

Yet, as Sea-stormes, though long, still (s) end at last  
In pleasant Calmes; thus Crosses, which so faint,  
So, thicke press on Gods Saints for many Dages,  
(Yea moneths and yeares oft-times) (t) conclude  
always,

In Gods due time, in sweetest Calmes of peace,  
And Tides of Joy: Blest Tempets which so cease!  
O then in all thy sorrowes, Troubles, still  
Waite and depend on God by Faith, who will  
(In (v) fiftijsyon) send such Joy and Ease  
As shall thine Heart cheare, and all stormes appere.

19.

(x) Gen.7. &amp; 8.

The Seas great deluge did both (x) overflow  
The wicked old world, and it overthorw,  
Yet Righteous Noe did then escape its rage,  
And laved safe when the Flood did swage.  
Just thus, Afflictions waves and Deluge (y) wracke,  
And drown all carnall wretches which doe lacke  
Gods grace and fauour to hold them up; when they  
Who with true faith, their soules on God can stey

And

(y) Nah. 1. 8.9.  
10. Jer. 15.6.  
7. Judg. 5.31.  
Psal. 80.16.

And Anchor; never sinke; but swim and beare  
Their (*v*) heads above all Seas with jyfull cheare;  
Ariving safely, when the Stormes are past,  
In Heavens Harbour, where they Anchor cast.

20.

All those who use the Sea, doe ever minde  
The (*a*) Port to which thy Sayle; and as the wind  
Doth bring them nearer to it day by day  
Their Joyes increase, the more sayles on they lay,  
Longing to end their voyage, and arive

At that sweete Haven unto which they drive:  
Thus Gods Elect (*b*) have alwayes in their Eye  
The Port above, to which they dayly flye  
With all their speede and might, and as each day  
Doth bring them nearer to this happie Bay;  
Their inward Joyes and Comforts still increase,  
The more they long there to arive in peace :

Mending their speede, imbracing with delight  
(That which all others doth so sore affright)  
Grim \* pallid Death, the Pilot to convoy  
Them to this Haven of Eternall Joy.  
Lord, teach us Heavens Port thus still to eye  
Whilst here we saile, that when we come to dye,  
We may attaine it; and there safely ride  
Free from all perills of winds, stormes, and tide.  
Lord make us thine Elect, that we may gaine  
This Port, where all thy Saints in blisse shall reigne.

(*v*) Psal. 46.1.  
2.3.4. & 27.1.3.  
Rom. 8. 35.36.  
37.38.39. Mic.  
7.8.9.

(*a*) Psal. 107.  
30.

(*b*) Phil. 1. 23.  
c.3. 2.3. Rom.  
8.23.2 Cor. 5.  
1.2.3.5.8. Luk.  
2.29. 2 Tim.4.  
6.7.8. Rev.32.  
20.

\* Luk. 2. 29.  
Gen. 46.30.

L

Medi.



### Meditations of the fourth Clasfe.

**F**Urther, the Sea doth fitly Charactrise  
Most wicked mens deportment, and their guise.

1.

(e) Isa. 57. 20.  
2 I. C. 1. 4. 5. 6. 2  
King. 6. 23. 2  
Chron. 28. 22.  
23.

(d) Psal. 39. 9.  
Lam. 3. 26.  
Judg. 10. 13.  
I Sam. 3. 18.

For, as the Sea, so they still (e) rage, foame, roar,  
When crost, stroke, pained, storming more and more  
As their afflictions grow, and multiply;  
So as, their Phiscke proves their Maladie;  
Whereas the godly are (a) meeke, patient, still,  
And silent in the greatest stormes of ill.

2.

(e) Isa. 47. 20.  
21.

(f) 2 Chron.  
28. 19. 22. 23.  
1 Cor. 15. 33.  
(g) 1 Cor. 5. 6.  
Gal. 5. 9. 2 Kin.  
13. 6. C. 14. 29.  
C. 17. 21.

The Sea's (e) oft troubled, and then casts out nought  
But mire and dirt from its dis-gorging throat:  
Ungodly men are restlesse in their Minde,  
Much troubled; vexed; leaving nought behinde  
But (f)dirt and filth of Oathes, lewd talke, sinnes, crimes,  
And noysome lusts; which they cast up oft times.  
In such abundance, that they soone (g) infect  
All places with the filth they thus eject.

3.

(h) Ps. 104. 25.  
Lam. 4. 3.

The Sea a (h) world of ugly monsters breeds  
Within her womb, the which she dayly feeds

Whole

*Whole (i) worlds of monstrous Sinnes and lusts are bred  
In wicked Hearts, and dayly nourished.*

(i) Rom. 1.29.  
30.31. Act. 13.  
10. Eph. 4.19.

4.

*The Sea is (k) floating and unconstant still,  
Moving with Wind and Tide which way they will  
Direct and steare its course; so wicked men  
Are (l) fickle and unstable, even when  
They seeme most firme; changing their friendship, love,  
Yea Faith, Oathes, Friends; as Times, Winds, Tides  
them move.*

(k) Isa. 57.20.  
Jam. 1.6. Gen.  
49.4.

(l) Gen. 49.4.  
Jam. 1.8.2. Pet.  
2.14. c.3. 16.  
Isa. 1.5. c.31.6.  
Jer. 5.23. c.6.  
28. c.3. 6.8.11.  
12. Hof. 11.7.

(m) Eccles. 1.  
7.

*We see, the Sea is (m) never full, though all  
Springs, Rivers, Waters, dayly runne and fall  
Into it; So though this worlds streames all flow  
And fall into Ill men, they never grow  
The (n) fuller by them, but still empty are,  
The more they have, the more they carke and care.*

(n) Eccles. 5.  
10.12.17. Pro.  
30.15.

5.

*The Sea is (o) deepe, deceitefull: Ill men too  
Are (p) so : whence both a world of men undo:  
Then never make a wicked man thy Friend,  
For feare he cheate, undo Thee in the end.*

(o) Psal. 135.6.  
Gen. 1.2. c. 7.  
11.  
(p) Psal. 64.6.  
Psal. 35.20. and  
43.1. Jer. 17.9.

6.

*Seas shew no mercy but (q) devoure, drowne all  
Without remorse, who in their mouthes once fall:  
Thus wicked men are (r) cruell; mercilesse,  
Voyd of all pitty, ready to oppresse.*

(q) Exod. 14.  
28. Gen. 7. 21.  
22.23.  
(r) Prov. 12.  
10. Hof. 12.7.  
Act. 9.2. Zech.  
3.3. Mat. 2.16.

L 2

And

*And ruine all Sorts; no worth, parts, sex, age,  
Can rest exempted from their Hellish rage.*

## 8.

\* Ag. 27. 29.

(3) Prov. 5. 3.  
to 15. c. 1. 10.  
to 30. c. 7. 8. to  
27.

The Sea is full of \* Rockes, Shelles, Sands which split,  
Wrecke, drownne shippes, boates, and men that on them  
hit.

Ill men are (3) fraught, with Rockes, Shelles, Sands  
of vice  
*And sinne, to which they oibers oft entice,*  
Amidst the which they so long saile and play,  
Till both their soules be split and cast away.

## 9.

(1) 1 Sam. 25.  
10. 11. Rom. 1.  
29. 30. 31. 2  
Tim. 3. 2. 3. 4.

(v) Isa. 5. 2. 7. 2  
Tim. 2. 17. 1  
Cor. 5. 8. Isa. 1.  
5. 6. 7. 2 Chro.  
c. 28. & 33.

(x) Psal. 104.  
25. 26.

(y) Rom. 1. 29.  
30. 31. Eph. 1.  
4. 19. 2 Tim. 2.  
26. Rom. 6. 12.  
13. 17.

The Sea is harsh, tart, brinish, and nought growes  
Upon those Sands and Bankes it over-flowes:  
Ungodly men are (1) churlishe, crabbed, rude,  
Unkinde, at least to those who are remeade:  
Barren of goodnessse, grace, truth, piety;  
And others make so by their company.  
*No grace or goodnessse shall once (v) thrive, or sprout  
Where things are swayed by this wicked Rout.*

## 10.

The (x) Sea is ever open night and day  
To all of all sorts, like a common way :  
Thus, lewd mens Hearts doe alwayes open lye  
To sinnes of (y) all kindes; no iniquitie  
So great, strange, horrid, but may freely saile  
Within their Hearts, and over them prevail.

The

11.

The Seas salt waters farre exceede the sweete  
And pleasant stremes; yea, drowne them when  
they meeete,

Ungodly men in number much Surmount  
Christschosen flocke; so (a) small in Mans account,  
That they oft times are hardly seene; and lye  
Like wheate in chaffe, bid in obscurity:  
From whence we learne that Papists ill conclude  
Their Church the truest, from her multitude.

(a) Mat. 7.13.  
14.Luc.13.23.  
24.Rom.9.27.  
c.10. 16. 1 Pet.  
3.20. Rev.3.4.  
Isa. 17.5. 6. 1  
King.19.14.

12.

The Sea is Lawleffe, Lordleffe, (a) none can tame  
Or rule it, but that God that made the same:  
Lewd men are such, no(b) mortall wight but God  
Can breake, tame, fsway them, with his Iron Rod.

(a) Joh. 9. 8.  
Pfal.89.9. Pfal.  
93.4.  
(b) 2 Tim. 3. 2.  
3.4.Jam.3.7.8.  
Pfal.2.2.3.

13.

Sea waters heated, foone grow cold againe,  
And alwayses after cold, harsh, salt, remaine;  
So wicked men heate with afflictions fire  
Or some good fits of zeale, doe \*foone retire  
Unto their former coldnesse, brackijnesse,  
Whiche to their \* dying dayes doe them posseſſe.

\*Pfal. 106.13.  
21. Hof 6.4.  
\*Joh.8 21.24.

14.

We see Sea waters themselves cast and mold  
Into each vessels shape, which doth them hold:  
So, ill men will themſelves \* ſhape, and apply  
To every place, time, fashion, company;

L 3

And

\*Pfal.106.35.  
36.Judg. 1.21.  
33.c.2.2.

And water like, will suite themselves full well  
To any Sect, Religion, where they dwell.

15.

The Sea, With rage, the Rockes doth oft assaile,  
To over-turne them, yet can nougnt prevale,  
But still with losse it selfe doth breake and split,  
Not them, whiles its fierce waves against them hit:

Thus wicked men, whilst they with furie rage  
Against our Rocke Christ, or his Heritage,  
*Themselves (not him,nor them) to (c) powder grinde*  
*And in the cloſe, nougnt but confiſion finde.*

O dash not then against these Rockes, which shall  
*Stand (d) firme amidst all stormes that on them fall :*

Lord let us never be of this lewd crew,  
But with thy grace our Hearts and Lives renew  
That so we may escape that (c) Lake of fire  
Where they shall ever feele thy scalding Ire.

(c) Psal. 2.2.3.  
9.Rev.2. 27.Pf.  
50.22. Mat. 23.  
44.Ifa.8.9.  
(d) Psal. 125.1.  
Prov. 10. 30.  
Ifa. 33. 20.  
Mat.7.24.25.  
(e) Rev.19.20.  
c.20. 10. c.21.  
8.Mat.25.41.



### Meditations of the fifth Sort.

Once more, me thinkes the Sea (which ever  
floates,  
But never rests,) presents unto my thoughts  
A lively Mappe of this vaine World; (which,it  
In some respects resembles very fit;)  
Yeelding them ample Sea-room, for to hale,  
And chase this Theame with a delightfull Gale,  
Until

Untill my roving Muse, quite tyred shall  
Take in her Sailes, and let her Anchor fall.

1.

Now to begin this pleasing chase? the Seas  
Are salt, harsh, brackish, and no Pallats please:  
*This world is (f) bitter, tart, and salt to all,*  
*Through sicknesse, sorowes, crosses, which beset all*  
*Them in some kinde or other, for to make*  
Their Hearts more willing its love to forsake :  
But most unpleasent is it to Gods Saints  
Of any others; whose most sad (g) Complaints  
Of its (h) sharpe Brine, would peirce a heart of stee'e,  
And make all salt we in it taste, or feele.  
How can we then this brinish world once love,  
Or be unwilling from it to remove  
Unto that other? fraught with all (i) delights,  
All sweetest Joyes, and Soule-refreshing sights!

2.

Sea waters drunke downe,hurt, gnaw,fret, decay  
The Entralls, and oft times take life away:  
*This brackish world, quaff down, (k) the soule annoyes,*  
*Corrodes, consumes, and at the last destroys.*  
Those who sippes of it, sickly grow, but such  
Are past all cure, who swallow over-much.  
O let us never bibbe, carouse, or (l) lote  
Her poysnous cups, which doe so deadly prove.

3.

Salt waters still increase, not quench mens thirst,  
He that drinkest these, is drier than at first:

This

(f) Ruth, 1. 20.  
21. Exod, 1. 19.  
Job. 3. 10. c.  
13. 26. c. 23. 2.  
(g) Job 3. & 6.  
10. Psa. 6. & 31.  
& 35. & 38. and  
6. 2. & 69. & 22.  
Lam. 1. 8. 2. &  
3. & 4.  
(h) Job 7. 11.  
c. 9. 18. c. 10. 1.  
c. 25. 25. Isa.  
38. 15. 17. Lam.  
1. 4. c. 3. 15.  
(i) Psa. 16. 11.  
Isa. 35. 10. c. 51.  
11. Rev. 22. 2.  
to 8.

(k) Jam. 4. 4. 9.  
10. 1. Joh. 2.  
15. 16. 17..  
(l) 1 Cor. 7. 30.  
31. 1. Joh. 2.  
15. 16.

This worlds salt stremes mens drought can never  
swage,

*The more they drinke, the (m) more their thirst doth rage;*  
A cup or two, still makes them long for more;  
And none so dry, as those who have most store  
Of this worlds waters, *which doe only feede*  
*Not quench the droppe; cause, not helpe their neede.*  
O taste not then her stremes, but them defie,  
Which swage no thirst, but make men still more  
drie.

## 4.

(n) Jam. I. 6. Isa.  
57. 20.

The *Sea* is ever (n) floating, changing place,  
State, and condition, never in one Case :  
Sometimes it flowes a space; then ebbe againe  
Forth-with; and Stormes, its Calmes still en-  
tertaine.

If now it smiles, anon it frownes, foames, swels,  
Ringing the changes more than any Bells:  
*This (o) world is fittinge, fickle, mutable;*  
*We all like (p) strangers, pylgrymes in it dwell,*  
*Roving from place to place till death arrest*  
*Our wandring Corps, and lose us in Earthes brest.*  
Sometimes the flowing Tydes of happynesse  
Mount us aloft, anon, some Ebbes deppresse  
And cast us downe; farre lower than before,  
As happy made, to be more vile and poore.  
*One space a Calme or pleasant Gale doth smile*  
And breath upon us; but within a while,  
Tempestuous stormes and whirle-winds over-take,  
Tolle,teare,split,sinke us, and we shipwracke make.  
*To day we rich are, (q) ere to morrow poore;*  
*Well, in the morning, (r) dead, or at deaths doore*  
*Ere night: in Honour and esteeme this houre,*  
*The next,(s) cast downe, base, withered like a flower.*

How

How many sayling in full streames of wealth,  
Pomp, Honour, Pleasure, Favour, Greatnesse, Health  
And all contentments which the world can give  
Unto her darlings, whilist they therein live,  
*Have in one (e) hours space, beene stript of all,*  
*And dasht in peeces with a suddaine fall?*  
*How many (v) mighty Kings, States, Monarchies,*  
*Have in a moment felt such miseries,*  
*Such fatall changes in their worldly State,*  
*As no Heart could concirre, no tongue relate?*  
Unconstant world (more full of changes then  
The Sea or Moone) how can the sonnes of men  
Once (x) loze or trust thee? Goe, cheate  
T hy sickly friendship ever will defie.

## 5.

The Sea is full of (y) Rockes, which sinkē and quash.  
Those Ships, Barkes, Boates, that doe against them  
dash:

This world hath farre more Rockes to wracke and  
Split

The Soules of such as doe against them hit.  
(z) Wealth, honours, lusts, pomps, pleasures, pride of Life,  
With sundry other Rockes, are here at strife  
Which shall most soules destroy, and sinkē to Hell,  
In Seas and (a) Lakes of brimstone still to dwell.  
How dare we then approach these Rockes, or run  
Upon them, which whole Millions have undone?  
Or take delight this worlds ill Seas to crosse,  
Where most are Wreckt, none scape without some  
losse?

(t) Esther. 7.  
Dan. 4. 33.

(v) Exod. 14.  
27. 28. Num.  
31. 7. 8. 9. Joh.  
8. & 10. 11. &  
12. Judg. 1. 6.  
7. c. 7. & 8. 1  
King 16. 22. 2  
King. 9. & 11.  
& 13. 14. 15.  
16. 17. & 19. 21.  
23. 24. & 25.  
2 Chron. 36. 1.  
to 22. Dan. 4.  
30. to 35. c. 5.  
30. 31. Act. 12.  
21. 22. 23.  
(x) Joh. 2. 15.  
16. 17.

(y) Act. 27. 29.

(z) 1 Joh. 2.  
15. 16. 17. c. 5.  
19. Jam. 4. 4. 1  
Tim. 6. 9. 10.  
11.

(a) Rev. 19. 20.  
c. 20. 10. Mat.  
25. 4 L.

## 6.

The Sea a smiling, shining azure face  
 And lovely out-side hath her selfe to grace,  
 Wherewith she hides her savage cruelty,  
 Rockes, Shelves, Gulfs, and those Monsters that  
 doe lye

Close couch'd in her, to wrecke and to devoure  
 All those her beauty drawes within their power.  
 This cheating flatring world, mens soules to traine  
 Into her deadly Snares (where they remaine  
 Fast hampered till they perish) still presents  
 Her selfe to them, deckt with such Ornements,  
 Such out-side, beauty, pompe, State, gaudiness,  
 And seeming shewes of present happinesse,  
*As ravish most mens Eyes and Hearts (b) with Love  
 Of her, and turne them from the things above.*  
 Whereas, if they once saw, or could discry (lye  
 Those horrid Monsters, Rockes, gulfs, snares that  
 Hid under her faire surface, they would shun  
 Her Love, and faster from, than to her run  
 O let us view her intrais, not her skin;  
 She's Gold without, but Poyson, Drosse, within.

## 7.

*The Sealys open to all (c) stormes and winds,  
 This world exposed is unto (d) all kinds  
 Of Tempests, Croffes, Losses, Gustes, and Harmes:  
 How can we then lye sleeping in her Armes?  
 Or hope to finde peace, rest, content, or blisse  
 In her, where we are certaine all to misse?*

(c) Jonah. 1.4.  
 Psal. 107. 25.  
 26.29.  
 (d) Joh. 16.  
 33. 1 Per. 5.9.  
 2 Cor. 6. 4. 2.  
 Tim. 3.11.12.  
 2 Cor. 4. 8. 10.  
 13.

The

## 8.

The Clouds above much darken, and obscure  
The Seas bright shining face, whiles they indure:  
So clouds of crosses sent from God, deface  
This worlds bright Luster, much eclipse her grace;  
*Making her (e) loathsome in those very Eyes,*  
*Which in her Sun-shine, did her over-prize.*

(e) Job 10.1.  
1 Joh. 2.15.  
16. 2 Cor.5.2.  
3.4 Rom.8.19.  
to 24.

## 9.

Those Fogges, Cloudes, Stormes, which darke the  
light-some skies  
Ecclipsse the Sun-shine, worke much harme, *arise*  
*Out of the (f) Sea at first:* Most cloudes of woes  
Miits, fogges of sorrowes which doe interpose  
Twixt Men and Heaven, hiding Gods sweete Face  
And presence from them, with his Rayes of grace,  
(g) *Vexing their Hearis, Mindes, Soules, doe ever spring*  
*From this worlds Seas, whch nought but mischiefe bring.*  
O let us never fixe our mindes or Hearts  
On her, that is the cause of all our smarts !

(f) 1 King. 19.  
43.44. Job 38.  
8.9.

(g) 1 Tim. 6.  
9.10. Jam.5.1.  
to 7. Eccles. 2.  
22. 23.

## 10.

The lowest Ebbes Seas highest Tydes succeede:  
Mens greatest falls from this worlds heights pro-  
ceede;

Expect then when her Tydes doe highest flow,  
*Some (h) great approaching Ebb to bring thee low.*  
Let not then her spring Tides of happinesse  
Make men secure, proud, haughty, or to blesse  
Themselves without good cause, since none so nigh  
Are to a fall, as those he mounts most high.

(h) Esth.c.6 to  
9. Dan.4.30.10  
34. Act.12.11.  
12. 13. Luk.  
13. 15.10.21.

11.

(i) Lam. 2. 13.  
2 Sam. I. 20.(k) Heb. 6. 5.  
6. 7. 2 Tim. 4.  
10. Mat. 13. 20.  
1 Cor. 7. 31. 33.  
34. Gal. 1. 4. 1  
Tim. 6. 17. 2  
Pet. 2. 17. 20.  
21.

(l) Eccles. 1. 7.

(m) Eccles. 5.  
10. Isa. 56. 11.(n) Exod. 15. 5.  
10.(o) Gen. 7. 17.  
18.(p) Psal. 10. 18.  
Joh. 3. 3. 1. Phi.  
3. 19. Col. 3. 2.

The Breaches which the Sea makes on the maine  
*Are (i) hardly made up, or repair'd againe:*  
 The Ruptures which this worlds Floods dayly  
 make

Upon those Soules they batter, enter, take,  
*Are (k) hardly cured and stopt up: Beware*  
 Their Breaches then, and them prevent with care;  
 Their entrance is at first with Ease debarr'd  
 But once got in, them to repulse is hard.

12.

All Rivers (l) run into the Sea, yet still  
*It empty is, and never bath its fill,*  
 The streames of most mens Cares, thoughts, labours, braines,  
 Into this worlds Sea run, which yet remaines  
*As (m) empty as before.* O then bestow  
 Nought upon that which never full will grow.

13.

Most liveleſſe things, as mettals, ſtones, duft, ſand  
*And pondrous bodies (n) ſinke downe out of hand*  
*As ſooner as caſt into the Sea;* where drown'd,  
 They are ſo lost, that they cannot be found.  
 Yet trees, which mount from Earth up to the ſkie  
 Whiles they are growing; and ſuch foulſe as flye  
 Up towards heaven, ſafely (o) ſwim, and ride  
*Upon the Sea,* not fearing, winds, stormes, tide:  
 So men, deprived of the Life of Grace  
*Made all of (p) Earth, on which they fixe and place*  
*Their*

*Their hearts and thoughts; no sooner lanch or fall  
Into this worlds Sea, but they sinke downe all  
So deepe into it, that it (q) drownes them quite,  
And in a moment swallows out of sight.  
Whereas Gods chosen Saints, whose hearts and Love  
Are ever centred on the (r) things above,  
And soaring upwards, safely swim and beare  
Them selves above her floods, and still appeare.*

14.

*Sea waters quench not, but increase the flame  
On which men cast them. This worlds doe the  
fame;  
Her streames (s) augment, not quench mens raging fire,  
The more they have, the more they still desire.  
Why should we then affect her floods, or store  
Which never make us rich, but ever poore?*

15.

*The Sea still (t) moves and runs with Wind and Tide,  
These steare this World, and doe her Rudder guide:  
If Times, Winds, Tide, move with us, then will she  
Runne (v) with us too, and friendly seeme to be;  
But let them once, begin on us to frowne,  
Shee'lle joyn with them to wreck and cast us down.  
O false deceitfull world, who dost forsake  
All when they neede thee most, and never take  
Their parts but when they neede thee not, adieu:  
Uncontant friends are ever false, not true.*

(q) 1 Tim. 6.9.  
10. 2 Tim. 4.  
10. Eccl. 2.22.  
23. Joh. 5.19.

(r) Phil. 2.20.  
Col. 3.1.20.  
1 Joh. 5.4.5.  
Jam. 1.27. 1  
Cor. 7.33.

(s) Eccles. 5.10.  
Hab. 56.11. Hab.  
2.5.

(t) Jona. 1.13.

(v) 2 King. 9.  
30. to 35. c. 10.  
1. to 12. Esth. c.  
6. & 7. & 8. Pro.  
14. 2c. Lam. 1.  
2. 8. Psa. 88. 1. 8.  
Prov. 19. 20. c.  
19. 14. 19. Psal.  
38. 11.

16.

(x) Gen. 2. 11.  
Lam. 2. 13. Hab.  
3. 9. 10. Amos  
9. 5. Ezech. 27.  
34.  
(y) 2 Pet. 2. 20.  
21. c. I. 4. Gal.  
1. 4.

The *Sea* the Earth doth compasse and (c) surround,  
Some parts whereof by it are often drown'd:  
Just so this (y) world environs men about,  
Their Soules to swallow, so that few swim out  
Or scape her danger. O thrice happie he  
That can saile through it, and not drowned be.

17.

(z) 2 Pet. 2. 19.  
20. 21. 1 Cor.  
3. 18. 19. Gal. 1.  
4. Eph. 2. 2.  
Eph. 6. 12. Col.  
2. 8. 20. 1 Tim.  
6. 17. 2 Tim.  
4. 10. Jam 4. 4.  
1 Joh. 2. 15.  
16. 1 Joh. 5. 4.  
5. 19.

Sea fights of any other are most fell,  
Fierce, bloody, dangerous, hot and terrible.  
The Battles which this (l) world doth dayly make  
Against mens Soules them to destroy, or take,  
Are farre more dangerous, deadly, worse than those  
Wherewith the Fleſh, or Devill them oppose:  
Her Engines, traines, assaults, theirs much exceede,  
And none can scape them without speciall heede.

18.

(a) Gen. 3. 16.  
c. 35. 16. 17.  
18. Job 3. 3. 4.  
5. 8.

(b) Job 14. 1.  
2. c. 3. to 26.

(c) Luk. 2. 29.  
30. Gen. 46. 30.  
Job 3. 3. to 10.  
Rev. 22. 20.

As Ships built on the Land with force, toyle, be  
Still lanched and dradge out into the Sea:  
So man whence once form'd in his Mothers womb  
With painefull (a) Labour is enforst to come,  
And lanck'd by her into the worlds wide Sea,  
Where he from winds and stormes is seldome free.  
Hence he with sighes, teares, cries, (b) lament in vain,  
As soone as borne, what he must here sustaine:  
*O let us then with (c) songs and shouts of joy*  
*Leave this worlds Sea, which doth us sore annoy:*  
And sith we enter it with teares, cries, paine,  
Its madnesse thus to part from it againe.

What

What we with force, grieve, sobs, first undertake;  
*We shoulde with (d) chearefull hearts at last forsake.*  
Like ships, which gladly runne themselves a shore;  
Because perforce lanch'd into Seas before.  
And yet the most with greater (e) grieve (O Sinne !)  
*Depart this world, than they it entred in,*  
And must by might, with grones, teares, shreekes  
and cry  
Be puld out thence, and forc'd with woe to dye.

Blessed Lord God, so steare our ships and Helme  
Through this worlds Sea, which would us over-  
whelme,  
And wrecke for ever, that we may at last  
Gaine Heav'ns blest Port, and there sure Anchor  
cast.

(d) Phil.1. 20.  
23. 2. Cor. 5 2.  
31. 5. Rom. 8.  
22. 23.

(e) Psal. 55.4.  
14. 3.

### Meditations of the sixth Sort.

In fine, the Sea suggests to each good mind  
These Meditations which are yet behind.

First, when we see the Sea, it readily  
Presents that vow and (f) Baptisme to our eye,  
Which make us Christians, and oblige us still  
The (g) World, Flesh, Devill, with their Pompe, Lusts,  
will

(f) 1 Cor. 10.2.  
1. Pet. 3. 21.  
(g) 1 Joh. 2. 15.  
16. 17.

Quite

(b) Rom. 6.1.  
to 20. c. 14.7.  
8. Luk. 1.7+.  
75. Gal. 1.4.

*Quite to renounce; and ever to obey  
Gods holy Lawes, who walst our finnes away  
In these Baptismall waters; to the (b) end  
That we by sinning should no more offend  
His Sacred goodnesse, but spend all our dayes  
In just, good, holy actions, to his praise.*

O then when ever we the waters see  
Let these things to our mindes recalled be,  
To mend our Lives, renew our vowes, and make  
Us World, Flesh,Devill, and their Lusts forsake.

## 2.

(i) Gal. 5.16.  
17.18. Rom. 7.  
13. to 25.

Crosse-Seas whose boisterous Tydes by turnes ore-  
fway

Each other, and enforce their streames to stray  
Quite from their proper course, and over-beare  
Them so, that they their motions counter-steare  
To that course they intend; in lively wise  
A Newborne Christians state unto our Eyes  
Present, in whom two (i) Crosse Seas, Tydes contend  
And meeet each d.y, contesting without end  
To over-beare each other: Sometimes the  
Floods of their fleshly Lusts prevailers be,  
And over-beare the Spirits counter-tydes,  
*Which at the last prevale, put flesh besides*  
*Its course and channell, and through heav'ns great*  
*might*  
Beare downe its streames, and over-comes them  
quite.

## 3.

The floating Sea when it invades the Land,  
And drownes the Coasts that next unto it stand;

*Paints*

Points out that (k) deluge in the dayes of Noe  
Which did the wicked old world quise destroy.  
And then instructs us with all care to flye  
Those sinnes which (l) drowne us for eternitie,  
Both Soule and Body in the fiery Lake.  
This thought should move us, all sinnes to forsake.

(k) Gen. 7. & 8.  
2 Pet. 2. 5. 1.  
Pet. 3. 20.

(l) 1 Tim. 6. 9.  
10. Rev. 20. 10.  
c. 21. 8. c. 19.  
20.

4.

When we behold men, goods, lead, stones, (m) sink  
downe  
Into the See, which them doth quicklye drowne  
So deepe, that they can never rise againe:  
It paints forth Hell unto us very plaine,  
That sinkes, (n) drownes, tortures, for eternitie  
Mens soules and bodies, which there chained lye,  
So fast, so deepe, that they can never rise,  
Nor swim out thence: Which should us all advise,  
To flye all sinnes; yea, more to feare and minde  
This fiery Lake, whence none redemption finde.  
And sith all feare in Seas for to be drown'd,  
How should they dread this Lake, that's more profound.

(m) Exod. 15.  
5. 10.

(n) Revel. 19.  
20. c. 20. 10. c.  
21. 8. Mat. 25.  
41. 42.

5.

The Sands on Sea-shores, which doe farre surpass  
All (o) number, shewes us like a Christall glasse  
Those multitudes of sinnes that in us breed  
Whiche doe the (p) Sands in number farre exceede,  
To make us humble. And each flowing Tide,  
Which doth the Sand both moylen, drowne and  
hide

From time to time, instructs us every day,  
With Floods of (q) teares our sinnes to wash away;

N.

(o) Gen. 22. 15.  
c. 32. 12. Josh.  
11. 4. 1 King.  
7. 20. 29.

(p) Job. 6. 3.  
Psal. 40. 10.

(q) Psal. 6. 6.  
Jer. 9. 1. 18.  
Lam. 2. 10. 18.

And

(r) 1 Joh. 1.7.  
Mich. 7.19.

*And in Christ's (r) blood them so to drowne, and hide,  
Through Faith, that they may be no more espide.  
If thus we thinke, learne, doe, by what we see,  
From day to day, thrice happye shall we be.*

## 6.

The springing Tide, which by degrees doth flow  
To Full-Sea marke, and then by steps falls low,  
With ships first built, then lanch'd, next rigd, then  
fent

(s) Job 7. &  
14.

And put to Sea, till they be wreckt or spent:  
Paint out *Mans (s) birth, growth, age, death to our  
sight,*  
With all those Floodes, Ebbes, changes that doe  
lite

(t) Gen. 3.19.  
Eccles. 3. 20.c.  
12.7.

Upon him from the wombe unto his Urne,  
Where he meere (t) dust, shall unto dust returne.

## 7.

(v) Gen. 7. & 8.  
1 Pet. 3. 20.21.  
2 Pet. 2.5.

The (v) Arke of old, which on the floods did floate,  
And saved Noah, with each Shippe and boate  
Which crosse the Seas, and those in safty keepe  
That in them faile, when others in the deepe  
Depriv'd of these, are drowned; sweetely shew  
To us Gods Churches State, which here below  
On this worlds Sea, doth (x) safely floate and ride  
(Though (y) tost and torn'e with Tempests, Windes,  
and tide)

(x) Isa. 42. 2.  
2 Tim. 4. 17.  
18.  
(y) Psal. 109.  
23. Isa. 54.1 1.  
Job 7. 4.  
(z) 1 Pet. 3.  
20.21. Joh. 15.  
4.5.6.7. Act. 2.  
47.

And (z) saves all such as in her faile and stay;  
When all without, are drown'd and cast away.  
Let this induce us in Christ's Church to dwell,  
Live, dye, for feare we drowne, and sinke to Hell.

The

## 8.

The vastest Sea is (<sup>a</sup>) bounded, and obeys  
The Lawes and Edicts, which God on its layes,  
As well as smallest springs, or streames: How then  
Dare greatest Monarchs, Princes, Kings, or Men  
Themselves deeme boundlesse, lawlesse and exceede  
The bankes and (<sup>b</sup>) Lawes which God to them decreed?  
Let fencelesse Seas now teach them to containe  
Within due Bounds, and not to over-straine.

(a) Job 38. 8.  
10. 1. 1. Psa. 104.  
9. Jer. 5. 22.  
Prov. 29.

## 9.

When Seas through winds or stormes doe (<sup>c</sup>) over-  
flow,  
Or breake their bankes, great mischiefs, losses grow  
From thence to men and Beasts, which then are drown'd)  
And all such places which they doe surround:  
When Kings, or great ones out of Avarice,  
Pride, Lust, Ambition, or some other vice      (set,  
Out-swell, or breake the bounds which God hath  
A (<sup>d</sup>) Flood of woes and mischiefs they beget,  
Wherin they drown themselves and many more;  
And then, too late, their dismal Fates deplore.  
Let Kings and Grandees then take speciall heede,  
How they their fined Bounds breake, or exceede.

(c) Gen. 7. 8. 8.  
Neh. 1. 8. 2 Pet.  
2. 6. Jer. 47. 2.  
Isa. 48. 2.

(d) Exod. 14.  
22. 10. 31. Josh.  
c. 3. to c. 14.  
Judg. c. 1. to  
15.

## 10.

The See below doth ever flow Ebbe more,  
As (<sup>e</sup>) God himselfe doth strew it from above:  
So men on Earth, their thoughts, words, acts should  
frame  
And Guide, as (<sup>f</sup>) God above directts the same.

(e) Psal. 104. 6.  
to 14. c. 107. 25.  
25. 29.

(f) Psal. 119. 9.  
Gal. 5. 16.

II.

(g) Psal. 104.6.  
to 14.(b) 2 Thes. 3.6.  
to 14. Rom. 12.  
6.7.8.(i) Ezech. 16.  
49. 1 Tim. 5.  
12.13. 2 Thes.  
3.6.10 13. Pro.  
19.15.  
(k) Ezech. 16.  
45.50.

No waters ever stinke or putrefie  
*Whiles they within their (g) Channels move, and lie :*  
 But once remov'd out of their proper place,  
 Or let lye still, they stinke, and lose their grace.  
 Thus men doe seldom rot in finnes, lusts, vice  
*Whilst they their (b) honest calling, exercise*  
*And keepe within their Compasse.* But if they  
*Grow (i) idle, lazie, or begin to stray*  
*Out of their fixed Stations, in short space*  
*They rot and stinke, in Sinnen to their disgrace.*  
 O then beware of sleepe and idlenesse  
*Whick (k) rot and Slay the Soules they once posseſſe.*

12.

(l) Heb. 3. 12.  
13. Jam. 1. 14.  
15.(m) Heb. 12.1.  
2 Tim. 6.9.(n) Revel. 22.  
1.1.2 Tim. 3.3.

When I perceive the Seas sweete flowing tyde  
 Upon the drie Sands, shores to creepe, steale, glide  
 By senseleſſe steps, untill it drowne them quite :  
 It represents unto my thoughts, minde, fight,  
*How finnes and vices by (l) degress, creepe, grow,*  
*On men, till they them drowne and overflow.*  
 O then let all, their first progreſſe withstand  
*Else they will them ſoone (m) drowne, as Seas doe Land:*  
 Nay worse, ſince flowing Seas ſtill Ebbe againe,  
 And leave the Sands dry : *Sinnen ſtill flow and gaine*  
*On Men, and drowne them each day (n) more and more*  
 They know no Ebbes, but flow and ne're give o're.

13.

The Ebbing Sea which all its filth behinde  
 Leaves on the shore, ſhould put all men in minde

Haw

How their Ebbes, and afflictions should still make  
Them all their filth of sinne quite to (o) forsake;  
Which being once cast up upon the shore,  
Must (p) never be resumed by them more.

(o) Rev. 7. 14.  
Dan. 11. 35. Isa.  
1. 25.  
(p) Psal. 85. 8.  
Hos. 14. 8.

14.

When I behold Our Females wash away  
With water, all blacke spots of Inke, Soote, Clay,  
Which on their faces fall by accident,  
I wonder much, and cannot but lament  
To see some spot their faces studiously  
With Anticke Patches of a Sable dye;  
Should God himselfe their visage thus bespot  
They would repute it an unconieley Blot  
A great dishonor, and use all their skill  
To cure, or hide such blacke spots, Moles as ill:  
How dare they then use Artificiall spots  
Which they, if native, would repute for blots  
And deeme a blemish to their beauty, nay  
A sad ill Omen? May I not then say

(q) These spots are not the spots of Gods Children  
Which make them odious to God and good Men,  
Who love (r) no spots, since Christ his blood out-slewed  
To clese his chosen from all (s) Spots and dread,  
Wash off, renounce these Satan-Spots, least He  
Them Satans Spots adjudge, and you to be  
His marked Vassals, not his owne waſht traine  
Sith such blacke spots upon your face remaine.  
To weare white Linnen (t) spotted, is disgrace,  
What is it then to weare a spotted Face,  
And that in Gods owne presence? Certainly  
It cannot but be sinne or infamie.  
A Spotleſſe Soule abhorrēs a (v) spotted Face  
Which where all's cleane within, can have no place

(q) Deut. 32. 5.  
(r) Job 11. 15.  
(s) Eph. 5. 27.  
Cant. 4. 7. Job  
11. 15. 1 Pet. 1.  
19. 2 Pet. 3.  
14.

(t) Jude 23.

(v) Job 11. 15.  
1 Pet. 1. 19.

N 3

By

(y) 2 Pet. 2.13.  
Jude 12.  
\* Isa. 3. 16. to  
25. 1 Joh. 2.15  
16. Rom. 12.1.  
2. 1 Tim. 2. 9.  
10.

By Christ's owne verdit, so that all may feare  
Inn'ard uncleamnes where such (y) spots appeare,  
Which spring no doubt from Pride, lust, wantonnesse,  
Or following great Vaine Persons antique Dresse,  
The Sea which hates spots, shall in judgement rise  
Against all who with spots their Fronts disguise.

## 15.

(z) Nah. 3.17.  
Rev. 18.10. Pf.  
35.14.15. Pf.  
41.9. 10. Pfal.  
88.18. Pro. 14.  
20. Job 16.20.  
c. 19.14. to 20.  
Pfal. 38. 11.  
Prov. 19. 4.7.  
(a) Pro. 17.17.  
c. 18.24.

The flowing Seas, which seeme to kisse, embrace  
The shore in lovely fort, yet in short space  
Recoile againe, and leave it naked, dry,  
And faster from than to it use to fye,  
Paint out in lively fort before our Eyes  
Those hollow hearted friends unconstant guise  
Who in the flood of Mens prosperity  
Can hugge, embrase, protest to live and die  
Together with them, But as soone as they  
Begin to Ebbe, and their elates decay,  
Forthwith (z) retire, and in poit from them fye,  
Leaving them naked in their misery.  
This is the common friendship, now adayes,  
Wherin true Friends deserve both love, Crownes  
praise,  
Who still sticke closest in (a) adversity  
And then draw neareit when all others fye.

## 16.

(b) Job. 29.2. to  
25. Luk. 16. 19.  
Jam. 5. 3.5.6.  
(c) Pfal. 119.  
71. 67. Heb.  
12. 11.

Few put to Sea, or come a shore, but when  
It flowes, not Ebbes, which Character, that Men  
Delight to (b) swim still in prosperity  
And flowing stremes, shunning adversity,  
With Ebbes of Fortune; though the (c) Schoole of  
grace  
And vertue, which in full Seas scarce finde place:  
For

For as the flowing Sea still runnes amaine  
Towards the Earth, and never turnes againe  
Till Ebbes recall it: So prosperities  
Encreasing Flood, mens hearts, minds, loves, carries  
Still towards (d) Earth and worldly things below  
Drowning all Graces, vertues that shoule grow  
Within them; till some croffe Ebbes which befall  
Them, their hearts, thoughts affections quite  
(e) recall

From Earth and worldly things, to things above  
Turning the stremme of their desires, hearts love  
To God and grace above, the Port, But, End  
To which our Thoughts, Acts, motions should still  
tend.

O (f) happy Ebbes, which mount our soules on high  
And them translate from Earth above the skie :  
Were it not for these Ebbes, few would arive  
At heavens blest Port, to which they most men  
drive.

(d) Jam. 5. 1.  
to 8. Prov. 1.  
32. Phil. 3.19.

(e) 2 Chro. 33.  
12. to 20.

(f) Psa. 119. 71.  
1 Pet. 1. 6. 7.  
Heb. 12. 3. to  
12. Rom. 5. 3. 4.  
5.

## 17.

When tis full Sea at one place, it is then  
Low Ebbe at others, Its Just so with men:  
Somes wealth, flood, greatnesse, others make poore,  
low.

And these their Ebbes, cause them to spring, rise,  
flow.

Tis never full Sea at once in all climes,  
Nor in all mens Estates, which have their times

To (g) Ebbe and flow by turns, we cannot all  
Be happie here, when some rise, some must fall.

Yea, those who have the highest worldly Flood,  
Have oft with it the lowest Ebbes of good:

Their Floods of (b) worldly wealth, Pompe, Sacie, effect  
Strange Ebbes of Grace, and make them God neglect.

(g) Psal. 30. 5.  
6. 7. Psal. 107.  
40. 1. Pl. 113.  
7. 8.

(b) 2 Tim. 4.  
10. Hof. 4. 7. c.  
10. 1. Prov. 1.  
32.

The

18.

The Sea in Calmes, and where no Rockes, Shelves  
lye,  
To crosse its course, runnes smooth without waves,  
cry;  
But crost by winds, stormes, rockes, sands, instantly  
It swells, roares, fumes, and rageth furiously  
Beyond all measure, caring not to split  
And breake it selfe 'gainst Rockes that hinder it:  
Thus many men who seeme milde, meek and sweete  
Of Nature, whiles they with no windes, rubbes  
meet

Which Cross their Wills, designes, swell fome,  
(a) rage, fret,

Storme, and all rules of reason quite forget.

Oft in a moment, when crost in their will  
Aymes, Endes, Lusts, Caufes, whether good or ill,  
And like some furious, Bedlams, voyd of wit,  
Will in their fits of cholor rather split  
And wrecke themselves for ever, than not have  
Their wills in all things, which they seeke or crave.  
This Bedlam fury doth too oft undoe  
Those it possesseth, if not lookt unto  
In time, and quite subdue, especially  
Great men, or those who would be climbing high.  
Let all them flye it: 'tis mens shame to be  
As mad, rash, raging, as the Sencelesse Sea;  
And to permit their iatations to transport  
Them past the bounds of reason, in this sort.

(i) 1 King. 13.  
4.Dan. 3.11.10  
23.

19.

When I behold men with much toyle to row,  
And beate the Seas oft-times when crosse winds  
blow, Or

Or tydes against them runne till they with paine  
Their wished Haven at the last obtaine.

It mindes me how all Christians while below  
In this worlds Sea, should dayly strive and row,  
Against all winds, Tydes, Stormes, which crosse or  
drive

Them from Heavens Port, till they therein arrive  
In safety : which blest Harbor none can gaine  
Without much (*l*) labour, rowing, sweat, and paine.

(*l*) Luk. 13.  
24.

(*l*) 1 Cor. 9.24  
25.26.27.

20.

Its dangerous crossing of the Seas at night;  
When neither Sunne, Moone, Starres yeeld any  
light.

Hence most shippes in the night are cast away  
For want of light, when few are wreckt by day;  
This worlds Seas are most dangerous, specially  
In darkest Nights, when no light from on high  
*Off* saving Grace or (*m*) knowledge doth appeare  
*Within* mens soules, whereby their course to steare.  
Needes must men perish then for want of light  
*To shunne Rockes, Shelves, and guide their shippes aright.*  
We should then for this light of Grace more pray  
And long, than\* Seamen in a storme for Day,

(*m*) Joh. 11.9.  
10. Hof. 4.6.  
Mat. 15. 14. 1  
Joh. 2.11. Joh.  
12.35.

\* Act. 27.29.

21.

The deepest Seas run silent without noyse  
When as the shallow, roare, lift up their voyce;  
With horrid rage and out-cry. So we see  
The deepest, wifest men most silent be,  
Making least noyse or bragges, and\* patiently  
Under all stormes and Crosses quiet lye.

O

When

\* Psal. 39. 1.2.  
9.

\* 1 Cor. 13.1.

\* Isa. 59.11.c.  
57.20.21.

When shallow Pates like \*empty vessels make  
*The greatest noyse, bragges, and mist on them take;*  
And being croit, pincheit with adversity,  
*\* Roare, rage, storne, vex like Bedlums furionfly.*  
To bragge,vaunt,rage,foame,hafe and over-prate,  
Is a sure Symtome of a shallow Pate.

## 22.

Whiles that the Sun-beames on the Sea shinebright  
They make her shone so, that she bleares the sight  
And eyes of men, with those meere borrowed  
Rayes

Which she reflects, and so to them conveys :  
But let the Sunne set, or a cloud it hide,  
Her shining Lustre's gone, and not espide;  
When as the Sun-shine of prosperity  
Breakes out on this (o) worlds Sea, it bleares the eye  
*Of Carnall men, and makes her shone so bright*  
That nought to them seemes halfe so cleare, or  
light,

(o) 1 Joh. 15.  
2.15.16.17.

(p) 1 Cor. 7.  
3.1. Eccles. 1. &  
2.

(q) Psa. 49.16.  
17.18. Jer. 15.  
9 Amos 8.9.

Though all her Lustre be but borrowed Rayes,  
*Whiche (p) passe away, and in her make no stayes:*  
As soone as Clouds or Crosses hide this Sunne,  
Her glory fades, and all her splendor's gone;  
O dote not then upon her hired light,  
Which if it lasts all day, still (q) sets at Night.

(r) Psa. 69.  
Mat. 14. 30.31.  
(s) Prov. 25.  
19. 2 King. 19.  
21. Isa. 36.6.  
Ezech. 29.6.7.  
Nah. 3. 17.  
(t) Isa. 2. 22.  
Psa. 145.3. Psa.  
118.8.9.

The Sea is liquid, and *whiles men doe thinke*  
*To walke upon it, downe they fall and (r) sinke;*  
Unfaithful friends are like; whiles we rest, stay  
On them, we fall, sinke, and are cast away.  
Try then before you trust; and (t) rest on none  
*Whos are meere flesh, but upon God alone :*

Wbo

*Who (v) never failes, when false friends from us fall  
And true Friends dye, or cannot helpe at all.*

24.

When we behold Seas constantly to flow  
In spite of winds & stormes which on them blow,  
Twice every day; It minds us how *each day*  
*We (x) twice, at least, to God shoud duly pray,*  
Maugre all Winds, Stormes, Sports, Workes, Company,

That would us hinder from this piety.  
*A type whereof the (y) double Sacrifice*  
*Of old each day, did paint forth to our eyes:*  
And as Sea-waters alwayes joyntly flow,  
Twice every day together, whence they grow  
More strong and great: *So every family*  
*Wherein the (z) Practice of true Piety*  
*Or gifts of grace reside, shoud twice each day*  
*Morning and Evening, to God joyntly pray,*  
As well as privately; that so their Teares,  
Sighes, Cryes might found more loude, sweete, in  
Gods eares,  
*And (a) more prevale with him;* O happy they  
Who with pure Hearts to God thus dayly pray.

25.

When we espie ships driven quite besides  
Their course and Compasse, with stormes, Winds,  
and Tydes,  
In darke[n]t nights, and tempests for to crosse,  
Saile, passe in safty, without wrecke, bruise, losse,  
Amidst unknowne molt dangerous, Rocks, Shelves  
when

*All (b) hopes of safty faile in thoughts of men,*

O 2

Sith

(v) Psal. 61. 8.  
Deut. 31. 6.  
Joh. 1. 5. Psal.  
27. 9. 10. Psal.  
60. 11.

(x) Psal. 92. 2.  
55. 17. Pl. 53.  
& 56. 8. & 84.  
13. Dan. 6. 10.  
1 Thes. 5. 17.  
Ephes. 6. 18.  
Luk. 18. 1. c.  
23. 36.  
(y) Exod. 29.  
39. c. 30. 7. 8.  
Lev. 6. 12. 20.  
1 Chro. 16. 40.  
2 Chron. 2. 4. c.  
13. 1. 1. c. 31. 7.  
Ezra. 3. 3.

(z) The practice of Piety p.  
26. 1. &c.  
Heb. 10. 24. 35.  
Deut. 6. 6. 7. c.  
c. 11. 19. 18. 20.  
Psal. 95. 1. 2. 3.  
4. 5.  
(a) Rom. 13.  
30. 31. Philem.  
22. Thef. 5. 2. 2.  
2. & 3. 1. Heb.  
13. 18. 2 Cor. 1.  
11.

(b) Act. 27. 20.  
10. 44. Psa. 107.  
25. 10. 31.

(c) Ag. 20.27.  
31. to 40. Pial.  
107. 24. to 31.  
Isa. 22. 2. Jon.  
3.6. Pial. 66.  
12.

(d) Pial. 78.53.  
Pial. 3. 8. 43.2.  
& 68.20.

(e) Luk. 16.  
25. Job 21.11.  
12. 13. Pro. 14.  
13. Rev. 18.7.8.  
Amos 6. 1. to  
8.  
(f) Job 21.12.  
13. Isa. 5. 11.  
to 16. Luk. 16.  
19. to 26. Eccl.  
11.9.

Sith diverse ships have there beene cast away  
Though stear'd by skilfull Pilots, at mid-day  
In Calmes and fairest weather: we must thence  
Conclude, and cry, Gods secret (c) Providence  
(The best and onely Pilot) did direct  
*Their Helme, and them from Shipwrackes thus protec<sup>t</sup>.*  
And learne that humane skill, Art, nought avayles  
Unlesse God steares the Rudder, guides the Sailes.  
No matter then what ere the Pilot be,  
If God us guide, we shall from wreckes be free.  
O Let us (d) pray to him always to steare  
Our Helmes, then we no Rockes, wreckes, neede to  
feare,  
And shall saile safe, whiles others who relye  
Upon their skill, not God, wrecke, split, drowne,  
dye:

26.

When I behold sweete pleasant streames to fall  
Into salt Seas at last, which drowne them all.  
I thereby learne, how worldly jollity,  
*And streames of sinfull pleasures (e) end onely*  
*In Seas of brinish teares, in floods of griefe,*  
*And plunge men into (f) Hell past all releefe.*  
Fly then these pleasant streames which ever end  
In saltest Seas, and men post to Hell send.

27.

When Marriners or Passengers long lye  
Waiting for Wind, and opportunity  
To crosse the Seas to those Ports, Townes, Coun-  
tries  
To which they bound are, they will in no wise  
Let

Let slip, but take the first good Gale; which lost  
May quite undo, or put them to great colt.  
Their Wisedome should instruct all those who lye  
On Earth below, for passage to their high  
And Heav'ly Country, *never to omit*  
*One (g) Gale of Grace which blowes well towards it,*.  
But whiles Life, Time, and meanes of Grace endure  
And breath upon them, to make heaven sure,  
And post on to it, with full Sayles each day;  
For feare they \* lose their passage through delay.  
One Gale of Grace or opportunity  
Neglected, may lose us eternity.  
Gods (b) Spirit, which blowes when and where it will  
*Must not be slighted, but observed still:*  
*It will not ever waite, nor (i) strive with men*  
*And once departed, returnes not agen.*

(g) Heb. 3.7.  
8.12. 13. 15. c.  
4.1. 11. 16.

\* Mat. 25.9. to  
12.

(b) Luk. 19.43  
Psal. 95.7. 8.  
11. 1 Thes. 5.  
19.  
(i) Joh. 3.8.  
Gen. 6.3.

## 28.

Sea waters in their Channels, are but light;  
Under them all a Childe may stand upright:  
But taken thence, they very pondrous prove,  
A Pipe or two, no Gyant can remove;  
*Whole Seas of vastest sinnes are very (k) light*  
*On carnall Hearts, who never feele their weight:*  
Whereas to humbled Soules, the smallest Crimes  
Are (l) heavier than the Sea ten thousand times;  
Wherewith their Soules, are burden'd, and opprest,  
More than if Mountaines lay upon their brest.  
The reasons plaine, in one, sinnes in its place;  
But (m) out of it, in Hearts renude by grace.  
Try then thy State hereby: if sinnes weigh light  
In thy Soules Scales, thy case is ill, not right.

(k) 1 King. 16.  
30. 31. 32. Eze.  
26.37. Ephes.  
4.18. 19. Jer.  
36.23. 24.  
(l) Psa. 38.3. 4.  
6.8. Mat. 11.28.  
Job 6. 2. 3. 4.  
Amos 2. 13.  
Rom. 7.23.24.  
25.  
(m) Hos. 14.2.  
8. Rom. 6.2. to  
22.

29.

(o) Gen. 1. 9.  
10. Psal. 33.7.  
104. 6. to 15.  
Hab. 2. 14. c. 2.  
15. Job 38.16.  
Ila. 60.5.

(p) Job 1.16.  
Col. 1. 19. c. 2.  
9.

(q) Psal. 104.  
21.26. 27. 28.  
145.15.16. Psal.  
17.14. Mat. 5.6.

(r) Hab. 3.17.  
18. 19. Psal.  
102.26.27.28.  
Isa. 19.4. Jer.  
31.34.36. 37.  
c.33.20.21. Ps.  
136 & 145. 9.  
15.16.17.18.

(s) Gen. 1. 9.  
10. Job 38. 8.  
9.10. Psal.104.  
6.7.8. 9. Psal.  
33.7. Psal.136.  
6. Prov. 8. 29.  
Jer. 5.22. Gen.  
6.17. c.7.11.10  
24.c.8.1.10 22.  
(t) Exod.34.6.  
Psal. 103.8.9.  
10.11. Psal.86.  
15.16.

The *Sea* is (o) full of waters, which therelie  
Pil'd up in Hesper, as in Gods *Treasure*,  
Or Common store-house; who doth therce disperce  
Them to all Places of the *Univerſe*,  
Where they are needfull: Which in lively wise  
Paints our mott sweetely to our Hearts and Eyes,  
Those inechust, vast, boundleſſ (p) Magazines  
Of goodnſſe, grace, with all thoſe golden Mines  
Laid up in God and Christ, who day by day  
With open Hinds (q) disperce, and give awaу  
These precious ſtores, to every living thing  
Throughout the world, and to their Homes them  
bring.

How ſhould the thought of their vailt ſtores, feaſt,  
cheare

Our hungry Soules, and banifh all their feare:  
Sith *Seas* ſhall (r) ſooner faile of ſreames, and dry  
Quite up, then the ſtores of the *Diety*  
Faile, or diuinifih, which ſtill open ſtand  
All needfull things to yeeld us out of hand.

30.

When I conſider how the *Seas* did ſtand  
And ſwim at firſt (s) above the biggeſt Land,  
Till God conſin'd them wiſin Banks; whence they  
If but permitted, would ſoone ſcape awaу,  
And in a moment drown the world againe:  
Me thinkes it poins out to us very plaine  
The patience, mercy, and (t) alundant gracie  
Of our ſweete God, who keeps them in their place,

Thought

Though (v) dayly urged by our sinnes, and Crimes,  
To let them loose, to drowne us, sundry times.  
And then instructs us, him not to offend,  
Who can at will whole Seas against us send,  
(Yea troopes of (x) Devils) which would foone de-  
voure  
Us, if not held off by his mighty Power.

31.

When I in (y) Scripture read, that God did found  
This world on Seas and floods, as on its ground;  
I finde the cause of this Worlds (z) ficklenesse,  
And all the things that We therin posseſſe.  
For how can ought be stable, firme or stayd,  
That on unstable, floating Seas is layd?  
O then make nought that this world yeelds your (a) st.y,  
Or Treasure, ſith it floates and swimmes away.

32.

The Sea is Homogeniall, and each ſmall  
Drop in it, hath the nature of it all,  
In all respects; and will not (b) mixe, nor cloſe  
With ſtrange or forraigne things, but them oppoſe:  
Which ſhould instruct all Chriftians, to agree,  
Yea in Faith, Word, and Deede but (c) one to be,  
And not to hugge, love, like, but (d) ſhun all thoſe  
Who in Faith, Life, workes doe not with them cloſe.

33.

The Sea retaines in every coast and place,  
Her Native Colours, and sweete azure face.

(v) Psal. 7.11.  
Lam. 3.22.23.  
Iſa. 54.9.10.

(x) Mat. 5.9.10  
15. Luk. 8. 3C.  
10 35. Job 1.  
& 2.

(y) Pſa. 24. 2.

(z) 1 Cor. 7.  
31.1 Joh. 2. 15  
16.17.

(a) Psal. 62  
10. 1 Tim. 6.  
17. Prov. 23.4.  
5.

(b) Iſa. 57.2C.  
Jam. 3.11.

(c) Joh. 17.  
20.21. 22. 23.  
Rom. 12.16.c.  
15.5. 6. Phil. 2.  
2.Aſt.4.32.

(d) Psal. 11.9.  
115. Psal.101.  
6.7.8. Psal.139.  
21.22.2. Joh.5.  
5.1C.11.1 Cor.  
5.9.1C.11.

(e) 2 King. 9.  
10. Jer. 4.30. c.  
22. 14. Ezech.  
23. 40. Isa. 3.  
16. to 25. Zeph.  
1. 8. 9.

(f) Jam. 1.6.8.  
2 Pet. 2.14. 15.  
17. 20. Jude 12.  
13. Ephes. 4. 1.  
(g) 1 Cor. 9.  
20. 21. 22.

(b) Act. 27. 41.

(i) Josh. cap. 3.  
to 13. 2 Chron.  
15. 5. 6. c. 36.  
16. 17. 18. 19.  
20. Jct. 14. 19.  
1 Sam. 31. 1. to  
7. 2 Sam. 2. 26.

(k) Psal. 122. 6.  
7. 8. Psal. 128.  
6. Isa. 26. 3. 12.

(l) 1 Sam. 15.  
6. 7. Joh. 7. 24.  
Mat. 23. 27. 28.

(m) Eccles. 5.  
5. 7.

A checke and shame to that phantastickre crue  
*W'lich (e) paint, and chop old fashions still for new:*  
And to those (f) changlings, who to serve the time  
*Can suite themse'ves to every Sect, Place, Clime;*  
And whiles they thus (g) become all things to all,  
In truth are nothing, and the worst of all.

## 34.

When angry (h) Crosse Seas meete and clash together  
*They foam, rage, roar, yes raise stormes in faire weather*  
And tosse, wrecke, or indanger all that saile  
Or passe their race, and over them prevale.  
When Potent Neighbour Princes, strive, war, fight  
One with another, with great force and might,  
Nought else but (i) bloody Battels, tumults, cryes,  
*Stormes, perils to their Subjects still arise,*  
*W'lich wrecke, consume their Fortunes, Goods, Lands,*  
*Lives.*

*And of all worldly b'effings them deprives.*  
O Let us then be thankefull for our peace :  
And (k) pray that it may last, and still increase.

## 35.

The Sea and Skies in colour both agree,  
When as in most things else they different be.  
It's then (l) ill judging by the meere out-side :  
Those who thus doe, shall oft times erre and slide.

## 36.

*All Springs and (m) Rivers runne with che.uefull speed*  
*Into the Ocean whence they first proceede :*

And

And should not we, with equall (v) chearefulness  
*And speed, our courses to the grave addresse?*  
 Since we from (c) Dust did spring at first, and shall  
*By Gods decree to dust and ashes fall?*  
 (How soone (p) be onely knowes:) thrice happy we  
 If for the grave we still prepared be:  
 The onely Harbour where we rest secure,  
 From all those Tempests, we did here endure.

36.

Nor neede we feare; since we shall not remaine  
 Still in our Graves, but thence (q) rise up againe:  
 For, as the Ebbing Sea when it sinkes low,  
 And seemes quite lost, and never like to flow;  
 Yet in short space returns, and springs afresh  
 As high as ever; *So our Corps, and flesh,*  
*Though turn'd to dust and rotted in the Grare,*  
*A spring, and rich retурne from thence shall have*  
 With great advantage; rising up againe  
*Free from (r) corruption, sinne, ach, sickenesse, paine*  
*And imperfection, in such glorious pligt,*  
*That Sunne, Moone, Stars, shall not shine halfe so bright.*  
*Why shoulde we then once (s) dread death, or the grave,*  
*Or (t) lose our Soules, our Goods, Lives, Limbes to save?*  
*Since our dead Corps, (v) lost Limbes shall rise againe*  
*In such surprising glory; and then (x) reigne*  
*(Joynd to our Soules, and never more to dye,*  
*In perfect blisse, for all eternity?*

Instruct us Lord to (y) live to Thee by grace,  
 Whiles we here saile in this Seas dangerous race:  
 Then are we (z) certaine when we end our dayes,  
*That thou wilt us from grave, to Heaven raise*

P

Where

- (n) Luk.1. 29.
- 30. Gen.46.30.
- Rom. 8. 23. 2
- Cor. 5.2. 10. 8.
- Phil. 1.23. Job
- 14.13. 14.6.3.
- 22.
- (o) Gen. 3. 19.
- Job 4.19.c.34.
- 15. Psa. 103.14.
- 15. Ecclef. 3.
- 20. c.12.7.
- (p) Gen. 27. 2.
- Ecclef. 9. 12.
- Job 14.1 Thes.
- 5.2.3.
- (q) Job 19:25.
- Dan. 12.21. Isa.
- 26.19. A&L.24.
- 15. Rev. 20.23.
- 1 Cor. 15. 12.
- to 57 Joh.11.
- 23.24. 1 Thes.
- 4. 13. to 18.
- Joh. 6. 39. 40.
- 44.54.
- (r) 1 Cor. 15.
- 42.4.3.44. 48.
- 49.52. 53.54.
- 2 Joh.3.2. Dan.
- 12.3. Mat. 13.
- 43. Phil. 3. 21.
- 2 Thes.1. 10.
- (s) 1 Cor. 15.
- 14.51.56.57.
- (t) Mat. 8. 36.
- Joh. 12. 25.
- Mat. 5.29 30.
- (v) Joh. 6.39.
- (x) 2 Tim. 2.
- 12. Rev. 20.6.
- c.22.5.1 Thes.
- 4.17.
- (y) Ro.14.7.8.
- (z) Job 19.25.
- 1 Joh. 3.2.

(a) 1 Cor. 2.9.  
Ifa. 64.4. Psal.  
31.19. Rev. 22.  
1. to 8.  
(b) Psal. 19.14.

(c) Psal. 73.25.  
Phil. 3.7.8.9.

Where we more Blisse and glory shall receive  
Than (a) tongues can utter, or our hearts conceive.

Lord, let these (b) *Meditations of mine Heart,*  
Mine owne, and others Soules, to thee convert,  
And rap them into such sweete Extasies  
*That they (c) nought else but Thee, may Love and prize.*

### *The Epilogue.*

(a) Psal. 104.  
34.

(b) Jude 13.  
Pro. 13.5. c. 14.  
34.  
(c) Ifa. 26.3.  
Phil. 4.7.

(d) Phil. 3.20.  
Col. 3.2.3.

(e) Psal. 107.  
23. to 33. Jona.  
1.5. to 17.

**I**F all who use, crosse, view the Sea, would raise  
Such Meditations from it, to the prafe  
Of its Creator, spending day by day  
Some vacant time, and pious thoughts this way;  
What Floods and streames of grace? what tydes of  
And (a) sweetest Raptures (able to destroy) (Joy  
Those innes, lusts, vices, which now taint, defame  
Their very Callings, and their Persons (b) shame,  
Would spring up in them? what bleſt Calmes (c) of  
Peace

*Amidſt all winds and stormes?* what great increase  
Of Faith Love, knowledge, zeale, and each sweete  
Grace

Might thee enjoy, whiles they the Ocean trace?  
How might their Soules (a) mount up above the skie  
When as their ships finke and their bodies dye?  
What change of Heart and Life would it effect  
In those, who now God, and their Soules neglect?  
What holy, pious Saints might (c) Sea-Men be,  
If they the Sea would thus divinely see?  
O! as they love their Soules, let me request  
Them, and all others, as they would be bleſt,  
Hence-forth at vacant times to lay aside  
All fins, Lusts, Vices, which their Soules mis-guide;  
(With

(With wordly workes, thoughts, cares) and then  
addresse

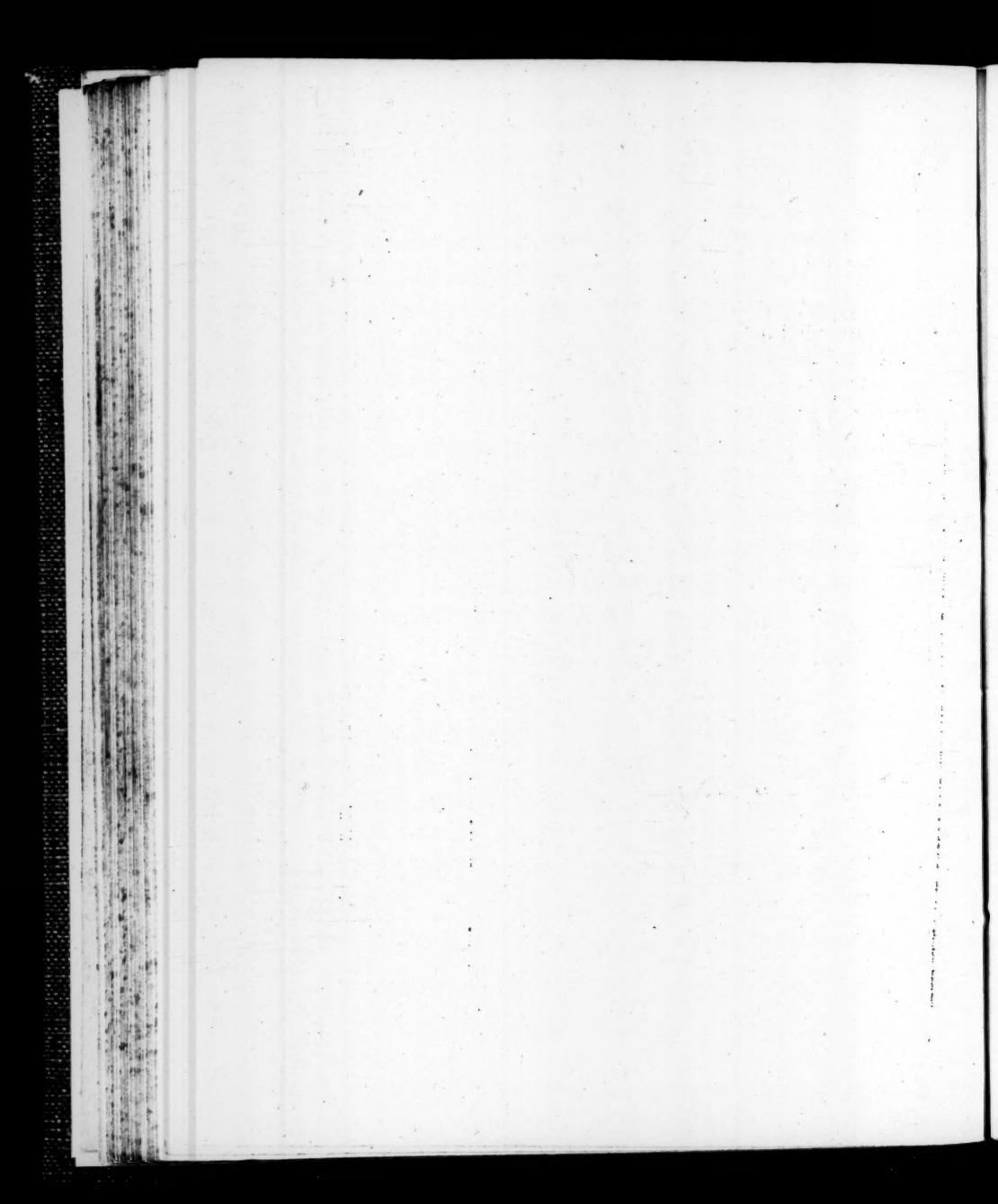
Their Hearts and Mindes in Sacred earnestnesse  
To pions (*f*) Meditations, from the sight  
And Nature of the Sea, which will (*g*) delight  
Their drooping Hearts, their wicked Lives amend,  
And lodge their soules in (*b*) Heaven ere they end.

If any want instructions to direct,  
Or helpe them in this kinde, let them reflect  
On this rude *Christian-Sea-Card*, which may guide  
Them, till some better *Card* thrust it aside;  
By which if they their course shall henceforth  
steare,

They neede no Rockes, Shelves, Gulfes, Stormes,  
Wreckes to feare.

(*f*) Gen. 24.63.  
Psal. 77. 12.  
Psa. 119.97. Ps.  
143.5. Ps. 8.  
(*g*) Psal. 104.34  
Psal. 8.  
(*b*) Phil. 3.10.

FJNS.



# A CHRISTIAN PARADISE:

OR

*A Divine Posie, Compiled of sundry  
Flowers of Meditation, gathered from the Sweet  
and Heavenly Contemplation of the Nature,  
Fruites, and Qualities of Gardens.*

---

By WILLIAM PRYNNE, late Exile and Close Prisoner  
in the Isle of Iersy.

---

Isaiah 61. 10. 11.

*I Will greatly rejoice in the Lord, my Soule shall be joyfull in my God, for he bath cloathed me with the Garments of Salvation, he hath covered me with the Robe of Righteousesse: as a Bridegroom decketh him selfe with Ornaments, and as a Bride adorneth her selfe with her Jewels. For as the Earth bringeth forth her bud, & as the GARDEN causeth the things that are sowne in it to spring forth; so the Lord will cause Righteousesse and praise to spring forth before all the Nations.*

Cant. 5. 1.

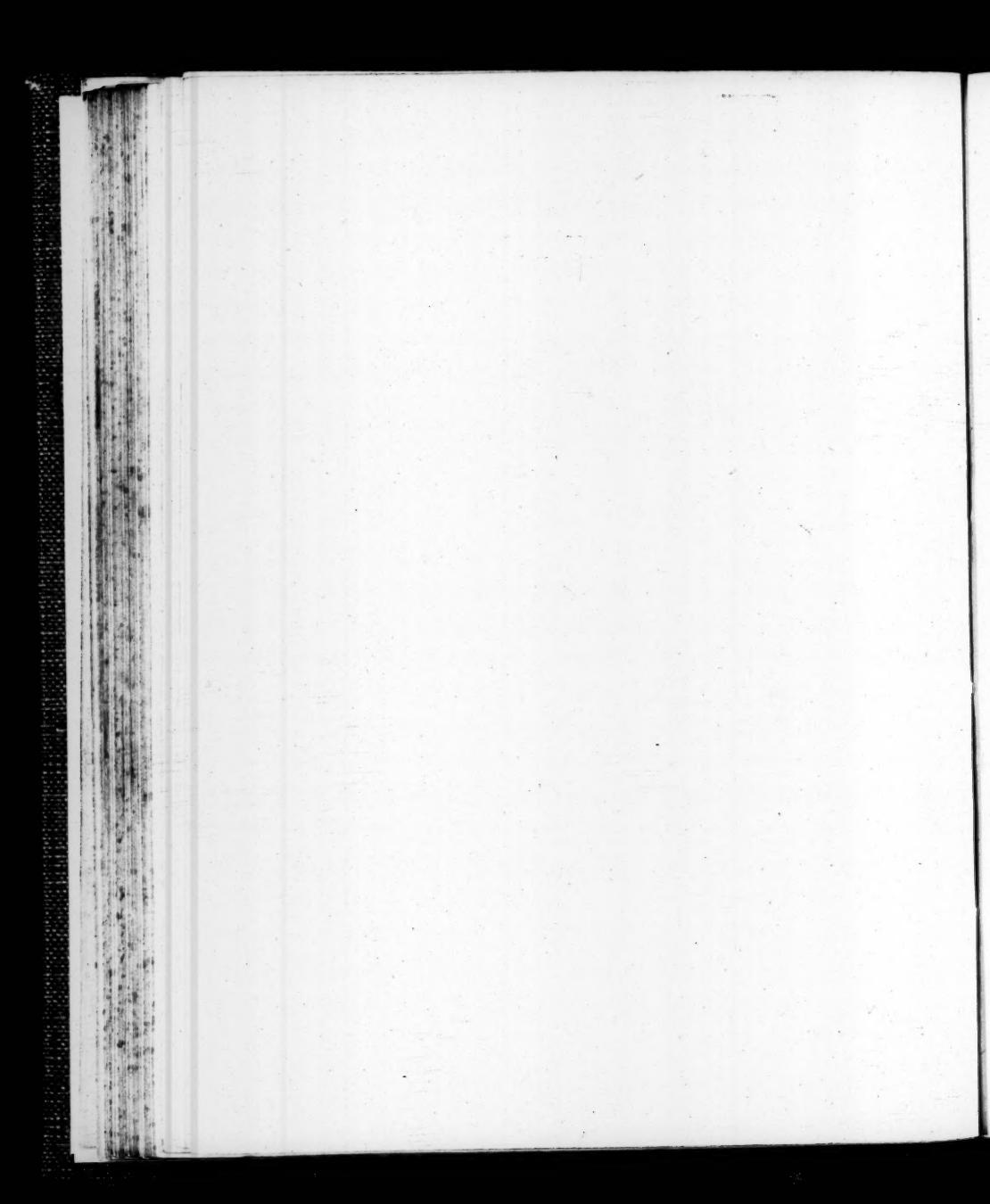
*I am come into my GARDEN my Sister, my Spouse; I have gathered my Myrrhe with my Spice; I have eaten my Honey-combe with my Honey, I have drunke my Wine with my Milke. O Friends, drinke and be drunken with love, O beloved.*

Isaiah 58. 11.

*And the Lord shall guide thee continually, and satisfy thy Soule in drough't; and make fat thy bones, and thou shalt be like a watered GARDEN, and like a Spring of Water, whose waters faile not.*

---

London Printed by T. Cotes, for Michael Sparke dwelling at  
the blue Bible in Greene Arbor. 1641.





T O

The Worshipfull his ever Ho-  
noured Kinde Friends, M<sup>r</sup>s Douse, and  
M<sup>r</sup>s Margaret Carteret, Daughters to S<sup>r</sup> Philip  
Carteret Knight, Lieutenant Governor and Bay-  
liffe of the Isle of Jersy.

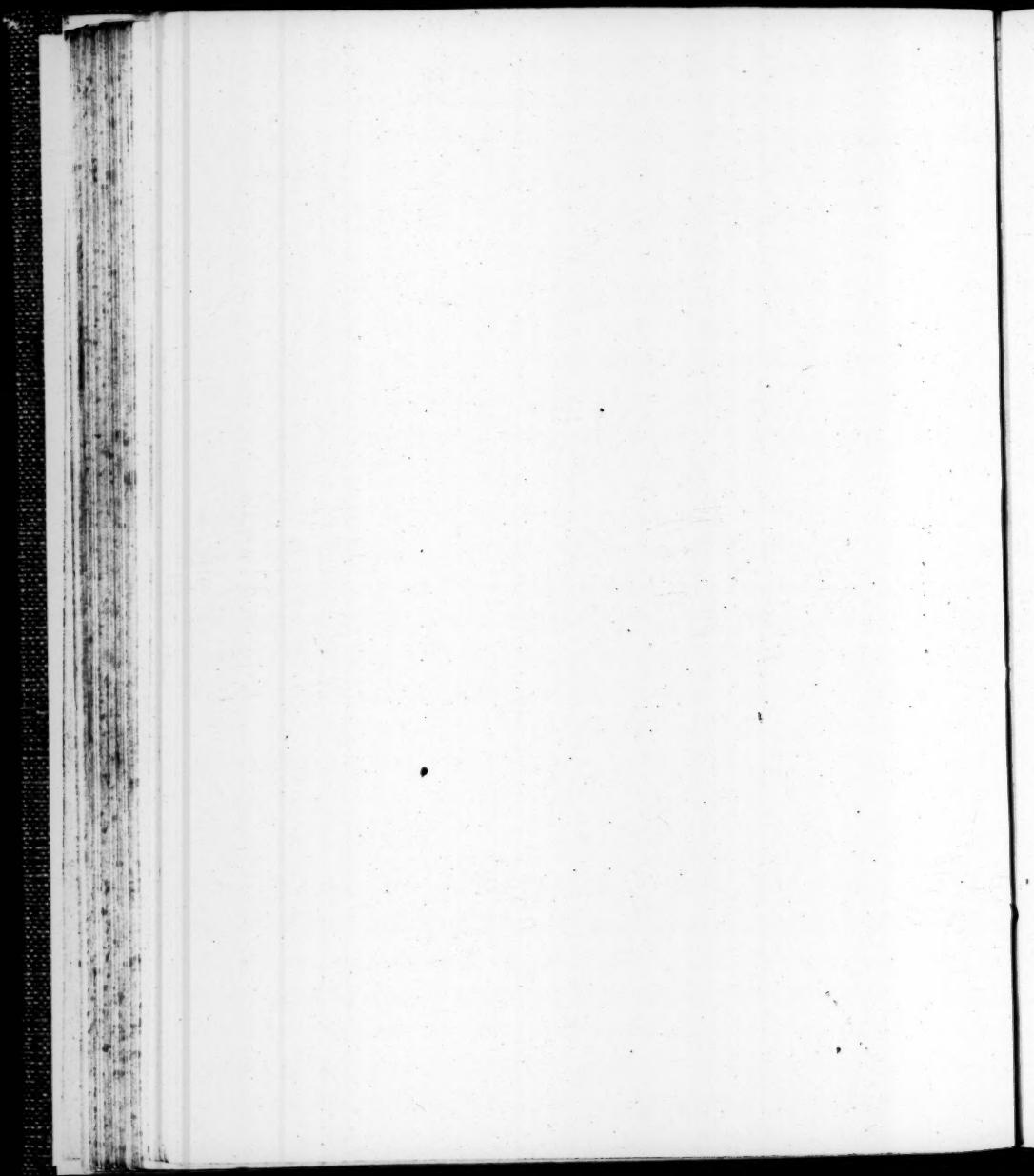
**S**weetenesse and Beauty, two chiefe Qua-  
lities  
Of Gardens, shine forth in such radiant  
wife

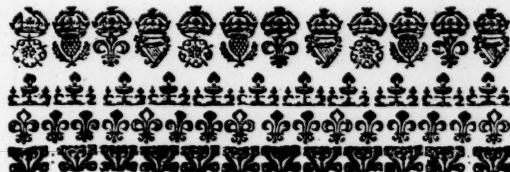
In you sweete M<sup>r</sup>s Douse, faire Margaret  
Prime Flowers of the House of Carteret,  
That twere Ingratitude, nay Injury  
For me in silence here to passe You by,  
And not inscribe this P A R A D I S E to You,  
To whom it is in all respects most Due.  
Deigne then to owne this little Testimonie  
Of Thankes, for all your Love and Courtesie  
To me an Exil'd Prisoner, in Jersy,  
Who shall endeavour to be till I dye,

Your Devoted Friend

and Servant,

WILLIAM PRYNNE.





A  
**CHRISITAN  
 PARADISE.**

OR

*A Divine Posie, Composed of sundry  
 Flowers of Meditation gathered from the sweet  
 and Heavenly Contemplation of the Nature,  
 Fruites, and Qualities of Gardens.*

---

THE PREFACE.

---

**S**Oare up my *Muse* upon the Eagles  
 Wings,  
 Above the Clouds, and scrue up all thy  
 strings  
 Unto their Hightest Straines, with Angels Layes  
 Mens Soules to ravish, and their Hearts to raise  
 From Earth to Heaven, with those sweetest Notes  
 Which *Gardens* tender to thy plodding thoughts.

Q.

A

*A Theame of Meditation, so Divine,  
Rich; pleasant, usefull; that no golden Mine,  
No Hony-Combe may once with it compare;  
Lord Feast our Soules with its Cœlestiall fare,  
Fruites, pleasures in such wise, that they may still  
Loath this worlds Cates, with all things that are Ill,  
Tasting no Pleasure bat in Things above,  
The onely Dainties which they ought to love.*



### *A briefe Character of a Garden.*

(a) Gen. 2. 8. 9.

(b) Gen. 1. 28.  
29. & 2. 8. 15.

(c) Gen. 3. 6. to  
20.

(d) Ecclesiast. 2. 5.

**A** *Garden* is an Earthly *Paradise*,  
No mortall Creatures, but Gods owne devise,  
(The (a) first who Planted *Gardens*, which began  
*At the Creation*; God then binding *Man*,  
(The (b) Lord of all his worke) to this sweete Trade  
*To Keepe and Dresse the Garden* he had made:  
*This was Mans first imployment*; so as He  
In this Respect a *Gardener* stil'd may be;  
The first and best of Trades; which (c) *Adams last*  
*Of the forbidden fruite hath much debaft*,  
And with it *Gardens* too, which thereby lost  
Much of their Pleasure, to our Paine and cost.  
Yet in this dolefull State of finne, and vice;  
*They still remaine Mans terrene (d) Paradise*;  
Yeelding not onely Profit, but delight.  
Foode, Cates, Salves, Phisicke, Pleasures to the sight,  
And other Senses; solacing the Minde  
With sundry Objets which it there may finde,  
It, and the Body to refresh and cheare,  
When as they tired, vexed, grieved are.

But

But this is nought to thos Soule-ravishing,  
Sweete,heavenly Meditations which doe spring  
From Gardens, able to rap and inspire  
The *coldest Muse*,with a *Celestiall fire*;  
Yea melt the flintiest Heart, and it advance  
Above the Spheares in a delightfull Trance?  
These make an *Eden* of each *Garden-Pot*,  
And here are fallen to my *Muses Lot*.



### Meditations of the first Kinde.

1.

**F**irst then, a garden paints out to our Eyes  
And Hearts,its prime (e) Inventor,God most wise;  
Whose peerlessse (f) Wisedome,Art,skill shone most bright  
In every Tre,Plant,Herbe,Flower which our sight  
Beholds in Gardens; whose variety.  
In smell,taste,colour,forme,fruite,quality,  
And usefull vertues for all maladies,  
Wounds,Ulcers,Aches,stripes,Infirmities  
Of Man and Beast,(so many that Mans Art  
Hath not as yet found out the thousand part  
From Adams fall till now,) at large descry  
Gods matchlesse Art and wisedome to each eye.  
View we the goodly Colours,Beauty,Frame,  
Embroidry,carving,fruites,leaves,rootes (which  
shame  
And pose all Artists) with the Joyns, and sweete  
Proportion of those Parts, which in them meeet;  
And we must needs confess him (g) onely wise  
Who these rare peeces did at first devise,  
Without a Patterne, and doth dayly raise  
Such worlds of goodly Fabrickes to his prais.

(e) Gen.2.8.9.

(f) Psal. 104.  
24. Dan.2.20.  
Pro.3. 19. Jer.  
10.12.c.51.15.  
Ephes. 3. 10.  
Col.2.3.(g) Psal. 104.  
24. 1 Tim. 1.  
17.

O let our Hearts, words, workes, still celebrate  
His (*b*) boundesse wisedome, who did these create.

2.

That most transcendent Beauty which we see  
With dayly admiration in each Tree,  
Plant, Herbe, Carnation, Lilly, Tulip, Rose,  
With worlds of other Flowers, which the Nose  
*Affect with (*i*) pleasant smels, and beautifie*  
*The Earth and Gardens,* more than starres the skie,  
Shining with rareft Colours of each kinde,  
So fresh, mixt, sorted, that they rap the Minde  
Into amazement; sweetly manifest,

In some darke measure, to each pious Breast,  
Gods most surpassing (*k*) Beauty, to whose (*l*) Light  
*The Noone-day Sunnes more darke than any Night.*

Why doe we then like doting Fooles admire  
A eomely Face, necke, hand, bush, brave Attire,  
Or waxe proud of them? (as most doe,) since grasse,  
Trees, (*m*) Lillies, flow'rs, *In beauty farre Surpassee*  
*The fairest Kings Queen's, Ladies, whose hands, face*  
*And rich Array, compar'd to these, are base.*

O! if we dote on Beauty, let the Rayes  
Of (*n*) Gods Eternall Glory, past all praise  
And Comprehension, pierce, melt, rap, transport  
Our Soules with (*o*) Love, & scorch them in such sort,  
That they may ever burne with its sweete flame,  
And deeme all Beauty else not worth the Name;  
Being imperfect, (*p*) fading every Houre,  
Not halfe so lovely, comely as a flower.

(*t*) Psal. 147.  
5. Job 36. 5  
Rev. 7.12.

(*j*) Cant. 2. 12.  
c. 5. 13.

(*k*) Psal. 27.4.  
Psal. 90.17.  
(*l*) 1 Tim. 6.16.  
8 Joh. 1. 5.

(*m*) Mat. 6. 28.  
29. Luk. 12. 27  
Ifa. 40. 6.7.5.

(*n*) 1 Tim. 6.  
16.

(*o*) Psal. 116.1.  
Psal. 73.25.26.  
Psal. 16.2.5.6.  
11.

(*p*) Ifa. 40. 6.  
7.8. Psal. 103.  
15.16. Psal. 90.  
5.6.7.

Each

## 3.

Each Plant, Herbe, Roote, Graffe, Flower which doth grow,

In Gardens, (q) Gods Almighty power forth shew.  
Since all the Monarchs, Artits, Men that live,  
With all their might, wit, skill, can never give  
Life to existence to the smallest flower.

Much lesse an Essence : O what little power  
Is there in greatest Kings ; who cannot make  
One Graffe, Herbe, Plant, though Nefors yeares  
they take

To doe it ! O, what wondrous Potency  
Is there in God ! whose (r) word did instantly  
Create all Creatures, Herbes, Trees, Plants that grow,  
In Gardens, Orchards, Woods, Fields here below ?  
O let our Minds, when we these Creatures see,  
Upon his (s) mighty Power still fixed be :  
Which as it (t) dayly makes the fairest Trees,  
Plants, Herbes, and Flowers, spring by sweete degrees  
Out of the vilest dust; can likewise raife  
Us from the very grave, his power to praise.  
Be then our (v) Cafes, Crosses ne're so ill,  
Take courage, God can mend them when he will,  
And in due season make us spring againe,  
Like withered Plants, Herbes, Flowers, after raine.

(q) Psal. 104.  
1. 14. 15. 16.  
Jer. 10. 12. 13. c.  
51. 15. c. 32. 37.

(r) Gen. 1. &c 2.  
Psal. 104. 14.  
15. 16. Psa. 33.  
6.

(s) Jer. 51. 13.  
Dan. 2. 27.

(t) Psal. 104.  
14. 15. 16. Psal.  
147. 8. Mich. 5.  
7.

(v) Psal. 116. 6.  
Psa. 116. 6. Psa.  
40. 2. 3. Jer. 32.  
17. 27. Eph. 3.  
20.

## 4.

Gardens shew forth (x) Gods goodness to mankinde,  
Which he who seeth not in them, is quite blinde.  
For, doth not that great, sweete, variety  
Of garden Plants, Fruites which delight the Eye  
And other Senses; ease, helpe, and redresse  
All paines, wounds, sores, diseases that oppresse

Q 3

Both

(x) Psal. 33. 5.  
Psal. 65. 11.  
Gen. 1. 11. 12.  
29. 30.

Both Man and Beast,yeelding them Physick,Food,  
Salves,Satice,Cates,Cordialls,Funes,Cloathes,all  
that's good

(g) Psal. 104.  
24.Psal. 145.7.  
15.16.

Or usefull for them, *plainely (g) manifest*  
*Gods gracious Bounty to each Man and Beast?*  
O what abundant Service,(g) thankes,praise,Love,  
Are due from Man unto his God above?

(g) Psal.107.8.  
15.21. Ps.145.  
7.8.Zech 9.17.

Who hath thus stored Gardens, fields,each place,  
With such great plenty of these gifts of grace?  
O, let us blith that we serve, love, no more  
God, who hath blest us with this happie store.

(a) Phil. 4.19.

And hence conclude in our Necessity,  
*That this good God will (a) all our Wants supply:*  
He who our Gardenis doth with these things store,  
Our Bodies, Soules,will feed,feast,fill much more.

## 5.

(b) Psal. 104.  
1.14.15.16.

A Garden like a Glasse, Gods (b) Providence  
Reflects most clearly, to the dullett sens;

(c) Cant.7.12.  
c.2.12.13.Gen.  
1.1L12.29.30.

Who for Mans use and Service in each Clime,  
Makes Trees,Plants,Herbes,Flourres,Seedes (c)spring  
in due time,

Which are most usefull,fit to easse, heale,feede,  
And helpe those in the countries where they breed:  
And placed neare him great variety  
Of Herbes, Salves, Phisicke, for each Malady,  
Both easie, cheape and ready still at hand,  
If He their vertues did but understand.

(d) Psal. 8. 4.  
Job 7. 17.18.  
Ezech.47.12.

O what a tender (d) Care hath God of M.m,  
Thus to provide for each diseafe that can,  
Or doth befall him, such cheape,ready Cures!

(e) Psal.145.1.  
2.7.21.

O (e) praise him for this care which still endures.  
And fith that He our wealth doth so respect,

(f) Deut. 6.12.  
c.8 11.

Let us (f) take beede, we never him neglect;

(g) Isa.38.21.  
Ezech. 47.12.  
2 King. 8. 29.

Nor yet our selves, but thankefullly (g) make use  
Of what may to our Health, or easse conduce.

Lord,

Lord, when we walke in Gardens to delight  
Our mindes, or sences, let the sweete light  
Of Thee, and these thy Attributes, which they  
Present most clearely to us day by day;  
Rap up our Soules into such Extasies,  
That they nought else but Thee may love or prize.



### Meditations of the second Ranke.

**M**oreover Gardens lively represent  
Christ to our Eyes and Mindes, with blest  
content.

#### I.

For first, as *Gardens, yeeld all (b) rarities*  
*And p'leasant Objets to delight the Eyes*  
And other Sences; so all pleasant, found  
*Soule-chearing (i) Comforts, Joyes in Christ are found.*  
Our Hearts to solace; whence most sweetnesse springs  
*When we taste nought but Gall in other shings :*  
O blessed Jesus such Soule ravishing  
Groves, streames of (*k*) sweetest Cordiall from Thee  
*spring*  
To cheare our drooping Soules in all distresse,  
That did they once but (*l*) taste their lusions distresse,  
And more than Honey sweetnesse, they would be  
Rapt and (*m*) inamor'd with nought else but Thee.  
O let me feele how good, how sweete thou art.  
Then thou alone shalt feast, fill, have mine Heart.  
Againe,

(b) Gen. 2. 8. 10.  
17. Eccles. 2. 5.  
Jer. 29. 5. 28.  
Cant. 4. 16. c. 5.  
1. 2. c. 6. 2. 3.  
11.  
(i) 2 Cor. 1. 3. 4.  
5. 6. Phil. 2. 7. 8.  
9. Heb. 10. 33.  
24.  
(k) 2 Cor. 1. 3.  
4. 5. 6.

(l) Psal. 34. 8.  
(m) Psa. 73. 25.  
Cant. 2. 5. c. 5.  
8.

2.

(n) Ezech. 47.  
12. Deut. 1. 10.  
1 King. 21. 2.  
Gen. 2. 9.  
(o) Isa. 53. 4. 5.  
6. 1 Joh. 1. 7. c.  
2. 2. Rev. 1. 5.

(p) Mat. 11. 28.  
29. c. 9. 11. 13.  
1 Tim. 1. 15.  
(q) 1 Joh. 1. 7.  
Rev. 1. 5. Heb.  
9. 14.

Againe, as fruitefull Gardens bring forth store  
Of (n) Herbes, Recetes, for every Sickenesse, sore,  
Wound, Ulcer, Ache that hapneth to Mankinde.  
So in our (o) Saviour Christ, our Soules may finde  
A Soveraigne Herbe, Balme, Salve for to appease  
Help, heale, each sore, wound, ulcer, ach, disease  
That doth or can them any times annoy,  
Grieve, paine, perplex, or threate them to destroy :  
Are then our Soules sick, wounded, like to dye  
With any sinne, or deadly Maladie;  
O let us then (p) resort to Christ with spedee,  
For Herbes, Salves, Phyficke, all else that we neede;  
Whose (q) Blood's a royll Balme, receipt to save  
All Soules which from it helpe, health, Phisicke crave.

3.

(r) Gen. 27. 27  
Hof. 14. 6. Cant.  
2. 13. c. 4. 11. c.  
7. 13.  
(s) Sant. 1. 3.  
12. 13. 14.  
Eph. 5. 2. Cant.  
5. 5. 13. Rev. 8.  
3. 4.  
(t) Isa. 64. 6.  
(u) Isa. 1. 13.  
14. 15. Pro. 28.  
9.  
(x) Rev. 8. 3. 4.

Gardens still yeeld a pleasant fragrant (r) smell,  
And rich perfumes; Christ doth them farre excell  
In his (s) sweete-melling Odors, whiche ascend  
Into Gods Sacred Nostrells, to amend  
Perfume and sweeten, all thos stinking, sware,  
Unsavory Prayers, whiche to God we powre,  
In Christs sweete Name, whose horrid sent and stinke  
(More Loath-some than the vilet kennell, stinke,)  
Would else so much (t) offend his Sacred Nose  
That he both it, and his Eares too would close  
Against them; yea (u) detest, both them and us;  
Where now these Odors make them gracious,  
Farre (x) sweeter than the richest sent that can  
Be found out, to delight the Nose of Man.  
And as Christs fragrant perfumes farre excell  
The sweetest Incense, in his Fathers smell,

So

So doeth they likewise in the sent of those  
Whom he hath chosen; to whose Sacred Nose  
The fragrant Odors matcht with (y) Christs are stinke  
And more unsavory than the foule stinke:  
Sweete Jesus let thy pleasant perfumes move,  
And ravish all our Soules, with thy sweete Love.

(y) Cant. 1. 3.  
12. 13. 14.

## 4.

Gardens have pleasant (c) Fountaines, where we may  
Our bodies bathe, and wash their filth away,  
Yea quench our thirst, our heates coole, and revive  
Those Trees, Herbes, Plants that fade, and make  
them thrive.

(c) Gen. 2. 10.  
Isa. 53. II.  
Cant. 4. 15.

Christ hath a pleasant (d) Fountain, Spring, or Well  
Of sweete and living waters, that excell  
All others, springing in him, where we may  
Bathe, coole, refresh our Soules, and wash away  
The filth of all our sinnes; and eke revive  
Our withering Graces, and them cause to thrive.  
Lord ever bathe our Soules in this blest spring,  
Which will both Health, Joy, safty to them bring.

(d) Isa. 55. 1  
Joh. 7. 37. 38.c.  
4. 13. 4. 15. Jer.  
2. 13. Zech. 13.  
1. Rev. 1. 5. I  
Joh. 1. 7.

## 5.

Most Pleasant (b) Hearbes, Rootes, Fruites in Gardens  
grow,  
To feede and feast mens Pallats: Such fruities flow,  
And spring from Christ, our Soules to fat, feast, cheare,  
As farre surpassee all Cates that Gardens beare;  
No Honey, Marrow, Manna may compare  
With his rare sweete-meates, and Celestiall Fare.  
O come and (d) taste how sweete Christs dainties be,  
Then will we long to feast with None but He.

(b) Gen. 1. II.  
12. 22. 30. Gen.  
2. 8. to 16. I  
King. 21. I.  
Cant. 6. 2. c. 5.  
1. &c.  
(c) Mat. 11. 28.  
29. Psal. 63. 5.  
Psal. 19. 10. Isa.  
2. 5. 6.  
(d) Psal. 34. 8.

R.

Gardens

(e) Psal. 80. 10.  
Hof. 4. 13. Jon.  
4. 5. 6.  
(f) Cant. 2. 3.  
Isa. 25. 4. 5. c. 4.  
6. c. 32. 2. Psal.  
121. 5. Psal. 17. 0.  
8. 1 Thes. 1. 10.

6.

Gardens are fraught with Arbors, Trees, whose

(e) shade

Cooler and repels Heate, stormes which would invade,  
And seorch us sore: Christ hath a (f) shade most  
sweete

Against all scalding Heates, all stormes we meete,  
Tis from his Fathers burning Wrath and Rage,  
Which none but he can quench, coole, or asswage:  
O then in all such scorching Flames still fly  
To Christs sweete shade, for ease and remedy.

7.

(g) Gen. 2. 9.  
to 17. c. 3. 1. 2.  
3. Cant. 5. t. c.  
6. 2. Eccle. 2. 5.  
(h) Cant. 5. 9.  
10. 11.  
(i) Cant. 5. 4. to  
16. c. 8. 6. 7.  
Rom. 8. 38. 39.

Gardens are full of (g) beauty and delight  
And so is Christ in all his chosen's sight;  
None halfe so (h) comely, Loveli, faire as He,  
In whom we nought but comeliness can see.  
O let his beauty (i) kindle such a fire  
In all our Soule, as never shall expire;  
And may consume all flames of lustfull Love,  
Wedding us onely unto Christ above.

8.

(k) Gen. 2. 8. to  
16. Isa. 51. 3. c.  
5. 1. II. Ezech.  
28. 13. c. 31. 8.  
9. c. 30. 35.  
Joel. 2. 3.  
(l) Cant. 5.  
10. Joh. 1. 1. 2.  
16. Rom. 8. 29.  
Col. 2. 9. 10.  
(m) Ila. 55. 1. 2.  
Jain. 1. 5. Joh.  
1. 16.

Gardens are ever rich and fruitefull ground;  
All usefull Herbes, Trees, fruites in them abound;  
Christ is the (l) best, prime pceee of all Man-kind,  
In whom alone all good things we may finde  
At any season, in such copious stow,  
As will suffice mankinde for evermore.  
O then (m) resort to him for every thing  
We want, in whom all good things grow and spring.

The

9.

The *Seedes, Plants, Rootes* which we would have to grow.

In Gardens, we (<sup>n</sup>) there bury, set, or sow :  
So Christ that he might grow and fructifie,  
*Within a (p) Garden did intombed lye,*  
*Where (q) springing up from death to life againe,*  
He fill'd the (<sup>q</sup>) world with his increased traine;  
Which Iury onely did confine before,  
But now the world, which scarce conteines his store.

10.

Christ, here on earth did *Gardens* highly grace  
(<sup>n</sup>) Resorting oft unto them, in which place  
He was betray'd, entomb'd, rais'd up, and then  
First there appear'd to Mary Magdalen.  
Each Garden then we see, should still present  
Christ to our sight, minds, thoughts, with sweete  
Content;

Wherein with Eyes of Faith, we may behold  
Christ walking with us, as he (<sup>t</sup>) walkt of old  
With his Disciples, to instruct, joy, cheare,  
Our blind, sad Hearts, and banish all their feare:  
Here may we view false (<sup>t</sup>) *Judas*, him betray,  
With fained kisses, and thence lead away  
With Bands of Catch-poles, arm'd with, Swords, Bills,  
slaves;

To teach us to beware such flattering Knaves,  
Who are most treacherous when they seeme most  
kind :

And that a *Judas* we shall ever finde  
Amidst Christs choyce Apostles; who for gaine  
Will both betray Christ, and his chosen traine,

R 2

(<sup>n</sup>) Gen. 28.  
Isa. 61. 11. Luk.  
13. 19.  
(<sup>o</sup>) Joh. 19. 41.  
42.  
(<sup>p</sup>) Joh. 20. 1.  
to 18.  
(<sup>q</sup>) Mat. 28. 19.  
Mar. 16. 15.  
Col. 1. 5. 6. 23.  
Rom. 10. 18.  
Rev. 14. 6. Psal.  
19. 4.

(<sup>r</sup>) Joh. 18. 1. 2.  
3. 26. c. 19. 41.  
42. c. 20. 1. to  
18.

(<sup>s</sup>) Joh. 18. 1. 2.

(<sup>t</sup>) Joh. 18. 3.  
to 18.

And

And them in their sweete Gardens trap,surprise,  
 Wherethey no danger saw, nor could devise :  
 Here, may we eyc (v) Christ lying in his Tombe  
 To swete death, and all our graves perfume.  
 Here may we see him (\*) rise up the third day  
 To conquer Death, and take his sting away,  
 Leading him Captive in triumphant wise  
 That we might learne his terrors to despise,  
 And never dread this (y) vanquish't Enemie,  
 Who kills us once to live eternally.  
 Here may we view our Bodies, by (x) death slaine  
 And turn'd to Dust, by Christ rais'd up againe  
 In glorious state, to live in Endlesse Joy  
 Above Deathes reach, and all them can annoy.  
 Here may we finde our Saviour still appear  
 From day to day, our drooping Hearts to cheare,  
 In each roote,seede,plant,herbe,which shall arise  
 Out of the Earth; which (a) shewes him to our eyes;  
 What neede of Popish Pictures then to bring  
 Christ to our Eyes, minds, thoughts? sith every  
 thing, (growes,  
 Plant, Herbe that in our Gardens sprouts, lives,  
 His life,Death,rising,farre more clearely shewes ?  
 (b) Away then with these Cursed Idolls; we  
 Christ no where else will ever seeke, view, see  
 But in his (c) Word, Workes, Sacraments, wherin  
 We onely can behold him, without sinne;  
 And when we long him, or his Acts to Eye,  
 If Bibles faile,each Garden will descry  
 Them to us, in more sweete and lively wise,  
 Than all the Pictures Papists can devise.

Blessed Lord Jesus when we ever walke  
 Within a Garden, Let us with thee talke,  
 In such sweete Contemplations, and delight  
 Our Soules, Eyes, Senses with thy blessed sight,  
 Which

(v) Joh. 19.

41.42.

(x) Joh.20. 1.  
to 18. 1 Cor.

15.34. 55.56.

57.

(y) 1 Cor. 15.  
54. Rom. 6.9.

10.11.

(z) Job 19.25.  
26.27. 1 Cor.

15.20. to 56.

1 Thes. 4.13.to  
18. Rom. 6. 9.

10.11.

(a) Rom. 1.19.

20.21.

(b) Isa. 2.20.c.  
30.22. c.31.7.

(c) Gal. 3. 1.  
1 Cor.10.3. 4  
c.11.34.25.

Which every Garden Tree, Plant, Herbe, Flower,  
Grasse,  
Reflects more clearly than a Christall Glasse:  
Then shall each Garden which we view or see,  
A blessed second (*d*) Eden to us be.

(*d*) Ezech. 28.  
13.



### Meditations of the third Classe.

**A** Garden is a Map of Paradise,  
The plot, *from whence all Gardenes took their rise*,  
Compar'd, they suite, and make an Harmony,  
Which cheares our Soules with its sweete melody.

(*e*) Gen. 2.8.9.

#### 1.

For first, as God did (*f*) Eden Plant, decke, fill  
With choycest Trees, Herbes, Fruites; so men doe still  
Their (*g*) Gardenes with these dayly decke, store, grace,  
And more enrich, than any other place:

#### 2.

Eden was full of (*g*) pleasure and delight  
Of goodly Trees, Flow'rs, Fruites to please the sight,  
And Pallate: So are (*b*) Gardens, where we finde  
Most pleasant objets both for Eye, Mouth, Minde.

#### 3.

Eden was very (*i*) fruitfull: Gardens are  
The (*k*) fertillst plots, and most Fruites ever beare.

R 3

Eden

(*f*) Gen. 1.8. to  
16. c. 3. 1. 2.  
(*g*) Deut. 11.10  
Can. 6. 2. 3. 17.  
to 16. c. 5. 1. 2.

(*g*) Gen. 2. 8.  
to 16. Isa. 51.3.

(*b*) Ecclef. 2.5.  
Cant. 5. 1. 2. c.  
6. 2. 11.

(*i*) Isa. 51. 3.  
Joel. 2. 3. Gen.  
13. 10.  
(*k*) Isa. 58. 11.

4.

(l) Gen. 2. 9. 10.  
11. 12.

(m) Isa. 58. 11.  
Num. 24. 6.  
Cant. 4. 5.

*Eden was seated close by (l) Rivers sides,  
And watered with their Christall streames and tides;  
Thus are most (m) Gardens seated, that they may  
Become more fruitfull, pleasant, greene, fresh, gay.*

5.

(n) Gen. 2. 15.  
16.

(o) Joh. 20. 15.  
Jer. 29. 5. 28.  
Amos 9. 14.

(p) Ezech. 16.  
49. Mat. 20. 3. 6.  
1 Tim. 5. 13.  
1 Thes. 4. 11. 2.  
Thes. 3. 6. 10.  
16. Exod. 20. 9.  
(q) Gen. 2. 15.  
c. 3. 13.  
(r) Gen. 1. 26.

*Eden was kept and drest by (n) Adam, who  
Was bound by God this taske to undergoe.  
And who but (o) Men, doe yet still keepe and dresse  
Those pleasant Gardens which we here possesse?  
Beasts, Horses, Oxen, helpe to till our ground,  
Fit to dresse Gardens, only Men are found.  
Hence may we learne that God (p) bates Id. enesse  
In all estates, who ought still to address  
Themselfes to some good honest worke, Art, trade,  
Sith Adams (q) set to worke as soone as made,  
Though the sole Monarch of the world, and all  
The Creatures in it; which before the fall  
Were at his meere Command, and did afford  
Him all he needed, of their owne accord.*

6.

(s) Gen. 2. 8. 10.  
17. c. 3. 1. to 7.  
Isa. 51. 3.

(t) Cant. 5. 1. c.  
6. 2. 11. c. 8. 13.

*God had no sooner Adam made, but He  
Him (s) plac'd in Eden, happie there to be,  
As in the choycest, fruitefullst, pleasantest plot  
This lower world could unto him a lot.  
All take delight in (t) Gardens to reside,  
The onely Edens where they would abide:*

Whence

Whence all who have but one small piece or plot,  
Of Earth, will to a (v) Garden it a lot.

(v) Jer. 19.5.  
18. Amos 9.14.

7.

*Man entred (x) into Eden veyd of sinne;*  
O let us thinke of this, when we begin  
Our Garden doores to enter, that we may  
Avoyd all finne, which (y) mankinde first did slay;  
And dayly strive to be as Innocent  
As Adam, when he into Eden went.

(x) Gen. 2.15.  
to 25. c.3. l.2.  
(y) Rom. 5.12.  
l.3. l.4.

8.

The Tree of Knowledge (which did typifie  
Christ, or his Sacred Word to Adams Eye,)  
In (c) midst of Eden stond: Thus each Plant, Tree  
Which we in midit of Gardens chance to see,  
Christ and his Sacred Word in lively wise  
Present, shew, point out to our mindes and Eyes.

(c) Gen. 2.3.  
16. Rev. 2.7.

9.

Eden a (a) Serpent had which did betray  
First Eve, then Adam, and them cast awaie  
By his Temptations, their Credulity.  
No wonder then if we sometimes espie  
Not onely Weedes, but Serpents, Adders, Snakes,  
Toades, & such vermin (whose mere aspect makes  
Most men to tremble) in our Garden-plots,  
To make us feare that (b) Serpent, which besets,  
Betrayes, and stings us still through pleasures, vice.  
As he did Adam in old Pardise:  
O let us then in no place rest secure,  
Sith he in Eden did Man first allure.

(a) Gen. 3.1. to  
16. 2 Cor. 11.  
3. 1 Tim. 2.24.

(b) 2 Tim. 2.26.  
2 Cor. 11. 3.

Much

(c) Isa. 1.29.c.  
65.3.c.66.17.  
Cant. 5.1.c.6.2.

Much leſſe in pleasant (c) Gardens, where be ſtill  
Temptis Men and Wemen oft times unto ill :

10.

(d) Gen. 3. 1.10  
16.

The (d) firſt and Mother finne, from whence all vice  
Sinnes, miſchieſes ſpring, was hatcht in Paradise :  
Here Father Adam caught that breake-necke fall,  
Which in a moment quite undid us all.

O let our Gardens pur us ſtill in minde  
Of this great finne, whose reliques we ſtill finde  
Remaining in us: and let every weedē  
We ſee in Gardens, cauſe us to take heede  
That no one finne within us ever ſpring,  
To worke our ruine, or our ſoules to ſting.

11.

(e) Gen. 3.8.10  
24.

Man had no ſooner finned, but God (e) caſt  
Him out of Eden, and then layd it waste;  
Curſing the Earth with thornes, Weeds, Barrenneſſe  
For his offence, which he before did bleſſe:  
When then our Cardens, weedie, barren grow  
Thinke of the cauſe from whence theſe evills flow,  
(Our finne, Gods curse:) and when we enter in,  
Or iſſue out of Gardens, let that finne  
Which moved God man-kind firſt to exclude  
From Edens bliſſe, with teares be of us rude.  
We cannot over-ponder or lament  
That finne which Man out of his Eden ſent.  
And learne from hence, that none gaine ought by  
vice,

Or (f) finne, at Laſt, but loſſe of Paradise.

(f) Rev. 22. 14.  
15.

Man

12.

*Man banisht Eden for his wilfull sinne,  
Was ever after (g) barr'd from entring in  
Againe, by a bright sword with fiery flame  
Which turned every way to guard the same.*

The hedges, pales, walls, doores, that close and fence  
Our gardens, to keepe Men and beasts from thence,  
Should ever mind us of this fword, that vice,  
Which thrust and kept man out of Paradise:  
And teach us with all care, paines, industry,  
To strive to enter (b) Eden that's on high.  
Since we are thus excluded this below,  
The very place whereof none this day know;

(g) Gen. 3. 22.  
23. 24.

(b) 2 Cor. 12.  
4. Rev. 2. 7.

13.

Mans losse in Edens Garden, might affright  
Us all, and dampe the joy, mirth, and delight,  
Which Gardens yeeld; yea had not Christ repaired,  
What man there lost, we should have quite despairid.  
But now take courage and no more complaine;  
Christ in a garden hath retor'd againe  
What *Adam* therein lost; that wee might all  
Be there repair'd, where first we caught our fall:  
Which that I may with sweeter fruit declare,  
Ile Christ with *Adam*; place with place compare.

I.

*Adam at first in Eden was (i) betrayd,  
And trap't by those snares which the Serpent layd.  
Christ in a Garden was betrayd, and snar'd  
By Judas, and those troops which bee prepar'd.*

S

Adam

(i) Gen. 3. 1. to  
9.  
(k) Joh. 18. 1.  
to 16.

2.

(l) Gen. 3.1.10  
24.  
(m) Joh. 19.  
41.42. Rom.6.  
1.10 12.

Adam in Eden (l) caught that break-necke fall  
Which in a moment did undoe us all:  
Christ in a (m) Garden tooke his lowest fall  
Into the grave, which rais'd and made us all.

3.

(n) Gen. 3.  
Rom. 5.12-13.  
14.  
(o) Joh. 18.1.  
10 16.c.19.41.  
42. Rom.6.7.  
8.9.

Adam there fell in (n) state of Innocence,  
And wreckt us all, by this his prime offence:  
Christ in (o) a garden fell, though free from fault,  
To make us guiltlesse, and our state exalt.

4.

(p) Rom. 5. 12.  
13.  
(q) Isa. 53.4 to  
12. Rom.4.25.

Adam (p) by sinne, Christ (q) for sinnes onely fell:  
Hee for his owne, Christ, for those in us dwell.

5.

(r) Gen. 3. 22.  
23, 24.  
(s) Act. 2. 24.  
to 37.

Adam fell (r) flat, but could not rise againe :  
Christ fell (s) but rose, nought could him downe detaine.

6.

(t) Rom. 5.12.  
to 20.1 Cor.15.  
22.

His fall himselfe, with all (t) his race downe threw:  
Christs fall him rais'd, with all his chosen crise.

7.

(u) Gen. 3. Joh.  
19.41.42.C.20.  
1.10 12.

He in a (v) Garden fell; there Christ arose  
To save man there, where he himselfe did lose.

Adam

8.

Adam there falling, did (*x*) corruption bring  
 Unto himselfe, and all who from him spring:  
 Christ dead and buried here, did (*y*) never see  
 Corruption, and all his did from it free,

(*x*) Gen. 3. 19.  
 Rom. 5. 8, 9.  
 (*y*) Act. 2. 24.  
 to 36. c. 13. 34.  
 35. 37. 1 Cor.  
 15. 50. 52, 53.  
 54.

9.

Hee fell in Eden (*z*) by the tree of life  
 Of which hee ate, allure by his wife:  
 Which tree (that in the (*a*) midst of Eden grew)  
 Instead of giving life (*b*) him and us slew.  
 Wee by our (*c*) eating of this blessed tree  
 Of life, Christ Jesus, are thereby made free  
 From death and hell, who planted was, and lay  
 (*d*) Entomb'd amidst a garden, (*e*) death to slay:

(*z*) Gen. 3. 1. to  
 12.  
 (*a*) Gen. 2. 9.  
 (*b*) Rom. 5. 7,  
 8, 9. &c.  
 (*c*) Joh. 6. 50.  
 51. 54. 57, 58.  
 (*d*) Joh. 19. 41.  
 42.  
 (*e*) 1 Cor. 15.  
 54, 55, 57.

10.

Adam was (*f*) thrust from Eden to his losse:  
 Christ from a (*g*) Garden lead was to his Crosse.

(*f*) Gen. 3. 23.  
 (*g*) Joh. 18. 1.  
 2. to 16.

11.

He (*h*) banisht Eden, could returne no more,  
 Christ all his chosen thither to restore,  
 Dragg'd (*i*) from a garden, was brought backe againe  
 And there entomb'd, as soone as he was slaine.

(*h*) Gen. 3. 23,  
 23, 24.  
 (*i*) Joh. 19. 1.  
 2. c. 19. 41, 42.  
 (*k*) Gen. 3. 3. to  
 18. Rom. 5. 7.  
 to 16.  
 (*l*) Joh. 19. 41.  
 42. 6. 20. 1. to  
 17.

12.

In Eden (*k*) death against man first prevail'd:  
 Death in a (*i*) Garden was by Christ first quail'd:

S 2

Here

Here be arose againe from death : and then  
 Appear'd there first to Mary Magdalen.  
 Winning the field of Deaths, Sinnes, Devils Host,  
 In that same place where *Adam* first it lost:  
 And there triumphed over all this Sect,  
 Where they their Trophies did at first erect.  
 Needs must our Gardens then be very sweet,  
 And pleasant, where these acts of Christ all meet:  
 Which rightly pondred by us, in a trice,  
 Would change each Garden to a Paradise,  
 And make us see, that we by Christ gaine more  
 In Gardens now, than *Adam* lost before.  
 Sweet Jesus when a Garden we espie  
 Rap thou our soules into an extasie.  
 With these, or such like pious Thoughts; that we  
 An Eden in each Garden-plot may see ;  
 And feele a blessed Heaven still to grow,  
 Within our soules, whiles we are here below.



### Meditations of the fourth Classe.

**A** Gaine; mee thinks a Garden Gods blest Word  
 Doth well resemble, and therewith accord.

I.

For first, as (*m*)Garden's yeeld most fragrant smels,  
 So Gods deare Word in (*n*)sweetnesse furre excels:  
 Its rich perfumes, and odours still entice  
 His Saints to (*o*) love it, in most ardent wise.

O let

(m)Gen.27 27.

Hosea 14. 6.

(n)Cant.5. 16.

2 Cor.2. 15.

(o)Pf.119. 97.

47. 48. 52. 111.

112. 113. 127.

340. 359. 167.

O let our (*p*) houses, words, thoughts, acts, lives, smell  
Of it's sweete odors, which all else excell.

(*p*) Deut. 6.6.  
7.8.9.c.11.18.  
19.20. Ps.119.  
97.

2.

(*q*) Gardens yeeld store of pleasant fruits, rootes, cates,  
Herbes, salads, cordials, fit for all estates,  
To feed, feast, please their pallats, and to cheare  
Their drooping hearts, opprest with paine, griefe, feare.  
Gods blessed word is stor'd with (*r*) promises,  
Which feed, feast, cheare, the hearts of all degrees:  
And are more pleasant, cordiall, sweete, and deare  
To drooping soules, than all this worlds best cheare.  
O let us daily solace, fat, feast, fill,  
Our soules with these blest cates, &c cheare them still.

(*q*) Cant. 5. 1.  
2.3. 1 King.  
21.2.

(*r*) 2 Pet. 1.3.  
4. 2 Cor. 1.4.  
20. Rom. 15.4.  
9.10. Ps. 19.8.  
10. Ps. 119.  
72. 127. Icr. 15.  
16.

3.

As Gardens so the Scriptures yeeld great store,  
Of (*N*) salves, and good receipts for every sore,  
Wound, sicknesse, griefe, which mens soules can affeit,  
No hope of health, for those who them neglect.  
O let us pris these balmes, which soules can cure,  
If they be heal'd the bodies safe and sure.

(*f*) Psal. 42.4.  
to the end. Ps.  
43.5. Isa 1.5.6.  
to 21. Act. 3.19.  
1 Joh. 1.7.

4.

Gardens are full of all (*t*) variety  
Of flowers, herbes, fruits which delight the eye.  
And bring most sweete refreshment and content,  
To such as are to meditation bent,  
Yea all of all sorts : So Gods sacred word  
To all of all rankes, can and doth afford  
A copious store, and sweete variety  
Of (*u*) great and pretious promises, which ly-

(*t*) Gen. 2. 8.  
to 16. Cant. 6.  
2. c. 5.1.3.

(*u*) 2 Pet. 1.3.  
4. 1 Tim. 3.16.  
Heb. 6. 12.

*Dispersed in it, to refresh, joy, ease  
All sad dejected soules, and them appease.  
O with what pleasure, joy, and blest delight,  
May tyred drooping soules, both day and night  
Walke in the midle of this sweete Paradise,  
Where all refreshing comforts grow and rise?  
Let these be still our (x) study, night and day,  
Which all our grieves, feares, firs will chafe away.*

(x) Psal. I. 2.  
Psal. 119. 97.  
Deut. 6. 6, 7, 8,  
9. c. 17. 19.  
Josh. 1. 8.

## 5.

*All (y) Gardens sweet refreshment still afford  
To tyred bodies, spirits: So Gods word  
To (z) weary soules opprest with sinne, and spent  
With grieve, yeelds sweete refreshment and content:  
Here may they find blest rest, repose, and ease,  
When nought else can them comfort or appease.  
O let our soules for ever dwell and rest  
In its refreshing shade, which makes themblest.*

(y) Cant. 5. 1.  
c. 6. 2, 11.  
(z) Isa 40. 1. 2.  
c. 6. 1. 1. 2. 3.  
c. 26. 20. Rom.  
15. 4.

## 6.

*Gardens (a) inclosed are, Gods word is so,  
Within his (b) Churches pale: there must we goe  
To seeke and find it; sith the Church doth keepe,  
And shew the Scriptures to Chriſts chosen ſheep;  
But not confirme or give authority  
To them, who doe (c) her judge, ſurport, and try.*

(a) Cant. 4. 12.  
Isa. 5. 1.  
(b) Rom. 3. 2.  
1 Tim. 3. 15.  
IIa. 6. 16.  
(c) Rom. 2. 16.  
Ephes. 2. 20.

## 7.

*Gardens are (d) Common both to rich and poore,  
To all of all ſorts: So the Scriptures doore  
Is shut to none, but open ſtands to (e) all  
Degrees of men: to rich, poore, great, and ſmall.*

(d) Jer. 39. 4.  
c. 5. 2. 7. c. 29. 5.  
18 Amos 9. 14.  
(e) Mat. 28. 19.  
20. Mar. 6. 15.

Yea,

Yea (*f*) pooremen (most part) have a greater share  
In this rich Garden, than the greatest that are.

8.

Gardens are fruitfull, and make all things (*g*) grow,  
That men in season in them plant, or sow:  
Gods word is fertile too, and (*h*) makes men spring,  
Grow, thrive in grace, and much fruit forth to bring.

9.

Gardens most sweetly picture to our eyes  
Minds, thoughts, God, Christ, and man in lively-  
wise:

Thus doe the (*i*) Scriptures too, in farre more bright  
And perfect colours paint them to our sight.  
He who would these exactly know and see,  
Must on the Scriptures alwaies looking be.

10.

Gardens are full of objects, whence we may  
Sweet (*k*) contemplations raise from day to day,  
To make us better, and translate our love  
From earth to heaven, and the (*l*) things above:  
So are the Scriptures. O therice happy they  
Who (*m*) meditate still in them night and day,  
To mend their lives, hearts, soules, and elevate  
Them from an earthly, to an heavenly state.  
All other (*n*) studies, matcht with these, are base,  
And leave the soule but in a damned case.  
Only the Scriptures make us truly blest,  
And guide our soules unto eternall rest.

(*f*) Luk.4.18.  
c.7.22. Mat. 11.  
5. Jam.2. 5.6.  
2. Cor.9.9.

(*g*) Isa.51.11.  
(*h*) Col. 1. 6.  
Act. 19.20. 1.  
Thes. 1. 5.10  
the end,

(*i*) Joh. 5.39.  
2 Pet. 1. 2. 4.  
19. Eph.2.8.  
to 13. c.2. 12.  
13. Ps. 39.5.6.

(*k*) Psal.1.43.5.  
Pl.104. Isa.40.  
6,7,8.  
c.61. 11.  
(*l*) Col.3. 1,2,  
3.  
(*m*) Psal.1.1.2.  
(*n*) Act.19. 19.  
Col. 2.8.  
(*o*) Joh.17.3.  
Jer.23.28;29.  
1 Pet.1.23. 25.  
Psal. 119. Psal.  
19.7.10 14.

Lord,

11.

Lord let us daily more and more discry  
 The sacred Scriptures worth and dignity ;  
 Our soules to cheare,feast,ravish with their love,  
 That wee our words,thoughts acts may guide and  
 As they direct, and let each Garden's fight (move,  
 Present them to our thoughts with sweet delight.  
 That while we view this leafe of natures booke,  
 We may more clearly into Gods booke looke ;  
 (p) *The one whereof gives to the other light:*  
 And both conjoyn'd,will yeeld more sweet delight.

(p) Rom. 1.19.  
 20.21. Act. 14.  
 17. C. 17. 24. 10  
 31.



### Meditations of the fifth Sort.

**A** Gaine, in Gardens we may view and find  
 A lively map and picture of mankind ;  
 And day by day both in them read and see  
 The story of our selves, and what we bee.

1.

(q) Luk. 13.19.

(r) Gen. 38.8.9

For first those (q) seeds, which we in garden sow :  
 And bury in their wombes that they may grow,  
 And spring up thence: present unto our eyes  
 That (r) humane feede, from which we all arise,  
 And sprout : at first sowne, planted in the wombe,  
 And there inter'd, as in a Garden tombe,

Till

Till it be quickned formed and made fit  
To come into the World, and breake from it.

2.

Each seed, root, plant we see in Gardens spring,  
And peepe out of the earth, doth sweetly bring  
Unto our mindes, and shadowes to our eyes  
mans birth into this world, in lively-wise:  
*W'ho (1) breakes, and creepes out from his mothers wombe,*  
Like seede out of the earth, that he may come  
Into this wretched world, whose misery  
As soone as borne, still makes him weepe and cry.

(1) Gen. 38.  
28, 29, 30.

3.

The weake young tender blades, and sprouts that  
grow,  
Up first from seeds, rootes, plants, doe lively, shew  
Unto our eyes and thoughts, mans infancie  
*W'ho (2) cannot stand or goe, but crapple and lye*  
*Upon the ground, like blades, grasse, springs new thrust*  
Out of the earth, which leave, lie on the dust.

(2) Ezech. 16.  
4, 5. Exod. 2. 6.

4.

Their further growth in strength, height, breadth,  
each day;  
Mans \* dai'y growth in all these, well display;  
Untill his youth out-grows his infancie,  
By senselesse stops, and make him sprout up high.

\* Gen. 22. 8.  
Exod. 25. 27.  
Judg. 13. 24.

5.

Their progresse till they blossome and forth bring  
Gay, goodly, lovely, sweet flowers in the spring,

T And

(x) Cor. 7.36.

(u) Isa. 40.6.7.  
8. 1 Pet. 1. 20.  
Psal. 102. 11.  
Psal. 103. 15.  
Pf. 90.5.6. Jam.  
1.10. Job. 14.2

And Summer season, aptly typifie  
Our fresh, sweet(\*) flowing youth, which in each eye  
Makes us as comely, lovely, fresh, and gay,  
As garden-trees, flowers in the month of May,  
Though still as (\*) fading as the tenderest flower,  
Oft cropt and withered in leſſe than one houre.

6.

Their next ſucceeding fruits and ſeeds, exprefſe  
Our riþer yeareſ, and age of fruitfulneſſe;

(\*) Num. 1.3.  
18. c.4. 3. 1  
Tim. 3. 4. 5. 6.  
2 Chr. 10. 6. to  
12.

\* Fit for imp'oyment, and the practicke part  
Of any ſcience, calling, trade, ſkill, art,  
Or publicke office in the Church, or State :  
For which our youth's too ſome, our age too late.

7.

Their full ripe Leaſer, fruits ſeeds, which bend, and  
\* fall

(\*) Isa. 34.4. c.  
64.4.  
(\*) Ecclef. 12.  
2.3.4.  
(G) Gen. 3.19.  
(T) 2 Sam. 19.  
31.35.35. 1  
King. 1.1. Gen.  
27.1.

Unto the earth at laſt; may mind us all  
Of mans old age, which will him (\*) bow, then cast,  
Or bring quite downe unto the (\*) dust at laſt,  
From whence bee ſprung, and uſeth to (\*) decay  
His strength, teeth, ſenſes, parts, which fall away  
As leaſes, ſeeds, fruits in autumnne: and him make  
Like withered stalkes, which leaves, ſeedes, fruits  
forſake ;  
Before his aged shriv'led body dyes,  
Whilſt it weake, bed-rid, ſenſelefleſſe, halfe-dead lyſeſ.

8.

(x) Zech. 11.2.

The (\*) filling of :heir withred stalks, trunks, boughs,  
Unto the earth at laſt; moſt lively ſhewes,

That

That our (*a*) old age, it selfe will kill us all  
At last, and make us dead to earth to fall,  
Though neere so healthy, wealthy, mighty, strong:  
And that, if nought else kill us, (*b*) living long  
Will doe it: a disease which none can cure:  
If others scape, old men to dye are sure.

(*a*) Job 5.26.

(*b*) Gen. 5.5. to  
32.

9.  
The buring of these old stalkes, leaves againe,  
When falne downe on the earth, shewes forth most  
plaine,

Before our eyes, our funerals, when we  
Quite dead and withered, shall (*c*) interred be,  
And shut close prisoners in our mother (*d*) earthe  
Darke wombe, from whence at first we had our births.

(*c*) Gen. 23.4.  
to 20. c. 47.30.

(*d*) Gen. 3.19.

## 10.

Their rotting there, and turning into dust,  
Instructs us how the grave shall rot and rust  
Our corps, and turne them into (*e*) dust at last,  
Sith God such sentence hath against them past.

(*e*) Gen. 3.19.  
Eccles. 3.10.  
c. 12.7.

## 11.

The seedes which drop into the earth, and there  
(*f*) Rot for a time, but yet againe appeare,  
And spring afresh, more glorious than before,  
And by their rising much increase their store:  
Demonstrate to us in most pregnant wise,  
How our dead rotten Corps againe shall rise  
Out of the dust, and graves wherein they lie,  
In greater vigour, glory, dignity.

(*f*) 1 Cor. 15.  
36, 37, 38, to  
55. 1 Thes. 4.  
13. to 18. Job.  
19. 25, 26, 27.

*Then ever they enjoy'd, and gaine farre more  
By rising, than by death they lost before.  
O let this arme us against all the feare  
Of death or grave, and still us joy and cheare.*

## 12.

(g) Ps. 90.5,6.  
Pf. 103.15, 16.  
Pf. 129.6.  
(h) Eccles. 4.3.  
Job. 3.11. 16.  
21. c. 10. 18.  
19.

(i) Isa. 40.6,7,  
8. Heb. 9. 27.

When wee behold some (g) tender bud or blade,  
*Nipt with the frost, winds, stormes, to fall and fade*  
*So soone as shot forth:* wee may learne thereby  
How men oft times even in their (b) infancie  
*As soone as borne, yea sometimes in the wombe*  
*Are nipt and cropt by death, and to their Tombe*  
*Depart from hence so soone, so suddainly,*  
*As if they were borne onely for to dye.*  
Let younglings then, as well as old prepare  
For death, from which (i) none un exempted are.

## 13.

(k) Pfal. 103.  
15,16. Isa. 40.  
6,7,8. Job. 14.  
1,2. Isa. 28. 1.  
4. Jam. 1.11.  
1. Pet. 1.24.

(l) Isa. 28. 15.  
18.

When as we view the (k) bravest, fairest flowers  
*Cropt, blasted, withred, vanish't in few houres:*  
We may therefrom contemplate, how that wee  
By suddaine death oft blasted, withred be,  
*Cropt off, consumed in few minutes space,*  
*Even in the flowre, prime, pride, choyce, vigour, grace*  
*Of all our dyes when (l) death from us did seeme*  
*The farthest off, and we did not once dreame*  
*Of its approach. A truth we daily see,*  
Which should teach youth, for death prepar'd to be.

## 14.

The ripe fruits, seedes which wee in gardens view,  
Pluckt off, and gathered; clearly to us shew

How

How (*m*) men of ripe yeares, are most commonly,  
Pul'd off by death, and so shoulde looke to dye,  
At leaſt as ſoone as rip, if not before,  
Sith then they ſtand neere unto grim deaths doore,  
Whom if he ſpare to pull, or thake downe, they  
Will of themſelves in ſhort ſpace fall away,  
And drop into his mouth. Let then all ſuch  
Stand (*n*) ſtill prepar'd for death, who doth them touche.

(m) Job.5.16.

(n) Job.14.14.  
Gen.27.2.

## 15.

Each ſeed, fruit, leafe, flower, bloſſome we ſee fall,  
Fade, rot within our Gardens (*o*) ſ bew how all  
Mankinde muſt fade, fall, rot, and dye like theſe  
Each in hiſ time, and periſh by degrees;  
And that no age, ſex, calling, ſtate is free  
From death, to which they ever ſubjeſt be:  
And ſo ſhould teach all to (*p*) account each day  
Theiſ laſt, wherein they looke to paſſe away.

(o) Isa.1.30. c.  
34.4. c.40.6,7,  
8.c.6.4.6. Job.  
14.1,2. Heb.9.  
27.(p) Psal.90.5.  
6.12. Pl.39 4  
5.12.

## 16.

Each Garden in the yeares four ſeafons paints  
Forth to our eyes, and us full well acquaints  
With mans four ages, which doe comprehend  
The whole race of its life, untill it end.  
In (*q*) ſpring time they depaint hiſ infancy,  
And younger yeares: in ſummer they defory  
Our youthfull flowriug age. In Autumne they  
Our riper yeares, and drooping age display;  
In (*r*) winter when they ſtrived, naked are,  
And all amort, decyd: they then declare  
Our loue decrepid, withred, dying yeares,  
When, all within us, dead, nought fresh appears,  
Wee can no time then in our gardens be,  
But wee our ſelves may there read, know, view, ſee,

(q) Psal.38.35,  
36. Pl.92.7.(r) Isa.1.20.  
Ezech 17.9,  
10. Psal. 102.  
4.13.

(f) Psal. 90.9,  
to  
(e) Deut. 32.29.

(u) Cen. 2.8.  
to 17.

(x) Gen. 3.  
Rom. 5.8,9 &c.  
(y) Rom. 7.8.  
to 25. c. 9.12.  
(z) Rom. 1.25.  
to 32. c. 7. 8. to  
25. Jam. 1. 13,  
14. 15.  
(a) Psal. 9. 17.  
Mat. 25. 1. 46.

By contemplation, in more compleat wise  
Than in all pictures painters can devise.  
O let us view our selves in this bright glasse  
Each day, and (I) see there how our ages passe,  
*And flit away, untill wee wither, dye;*  
*To (t) mind us still of our mortality:*

17.

Besides, by meditation we may hence  
Behold, mind, know our state of innocence  
Before our fall: since God did (u) Adam p'ace  
*In Edens garden, in a state of Grace,*  
*And Innocence, it both to keepe and dresse,*  
Where he not long enjoy'd this happinesse.

18.

Yea, in our Gardens we may read and eye  
Our fall and state of sinne and misery,  
Sith we in (x) Edens Garden caught that fall  
Through Adams sinne, which did undoe us all,  
*And (y) plunge us into such a woefull state*  
*Of sinne, and vice, as makes God us to hate;*  
*And daily (z) sturres us unto all extesse*  
*Of borrid sinnes, and monstrous wickednesse;*  
*Which (a) cast us beadlong into hell, and make*  
*Us nougat but fuel for that fiery Lake,*  
A dismal state indeed, whose thought should rent  
Our stony hearts, and cause them to relet.

19.

But not disaire, sith in this very place  
Christ hath restored us to a state of grace,

Of

Of which it minds us, all sad hearts to cheare,  
And us from our collapfed state helpe reare.  
*For as Christ in a (b) Garden was betrayd,*  
*And dead, there in a new sepulcher laid,*  
*So did be there from death rise up againe,*  
*And thereby rais'd up all his chosen traine,*  
*From their lost, lapsed, to a blessed state*  
*Of grace and glory. O then celebrate,*  
*And ever blesse, praise, love, serve Christ, who thus*  
*Hath rais'd, redeem'd, restor'd, exalted us:*  
And let each Garden put us still in mind  
Of these three states belonging to mankind,  
Without whose perfect knowledge, view, and sight,  
We cannot know God, nor our selves aright.

20.

Each weed which wee in gardens see to grow,  
Our sinfull state, and seedes of vice us shew,  
*Both from (c) mans fall in Eden first did spring,*  
And sighs, groanes, teares, should from our hard  
hearts wring,

21.

We see the fattest Garden ground still breeds  
The largest, rankest bryers, (\*) nettles, weeds:  
So greatest finnes, crimes, vices usually,  
*In men of greatest parts, wit, dignity,*  
*And in the richest persons, Natures grow,*  
Not in the vulgar meaner sort below.  
The pregnant wits, best Natures voyd of grace,  
Are greatest finnes, crimes, vices common place.  
O trust not then to (e) Nature, parts or wit,  
Which if true grace controll not, are but fit

(b) Joh. 18. 1.  
to 16.c. 19.41,  
42. c. 20.1. to  
17. Rom. 4.25.  
1 Cor. 15.  
throughout.  
2 Cor. 4. 14.  
Eph. 2. 10.

(r) Gen 3.17,  
18,19.  
(\*) Prov. 24.  
31. Isa. 39.13.  
Zeph. 2. 9.  
Hof. 9. 6.  
(d) Gen. 3.1,2.  
1 King. 11. 1,  
to 10.2 Chron.  
21. 1, to 12.  
2 Tim. 2. 17.  
c. 3. 1. to 9.  
2 Pet. 2.1,2.  
Col. 2.8. Ad. 2c.  
29,30.  
(e) Eph. 2.1,2,  
3. c. 4. 17, 18,  
19. Rom. 1.24.  
to 32. Job. 15.  
16. Rom. 7.14.  
to 25.

To

To breed those rankest weedes, which overgrow  
Them in short space, and worke their overthrow.

## 22.

That (f) fruitfulnesse and great variety  
Of good and usefull fruits, plants, herbes we eye  
In Gardens : minds us of that (g) fruitfulness,  
Those usefull vertues, graces they expresse,  
Which shoulde still grow, and flourish in mankind,  
In whom, alas, we them most rarely find.  
What? shall our gardens, fruitfull, usefull be,  
Stor'd with all good fruits, herbes, rootes ? and  
yet wee

Be barren, fruitlesse, void of vertue, grace,  
And nought but lust, vice, weeds in us have place?  
O shame ! O sinne ! let gardens teach us then,  
Now to prove fertile, good and gracious men.

(h) Cant. 2. 12,  
3. Hosea 14.  
16, 7. Pf. 103.  
25. Pf. 92. 17.

(i) Dan. 4. 4  
30.  
(k) Dan. 4. 30,  
31, 32, 33. c. 5.  
30, 31. c. 6. 1.  
to 27. Psal. 37.  
35, 36. Pf. 73.  
18, 19, 20. Job.  
20. 5, 6, 7. c.  
21. 11, 12, 13.  
Psal. 92. 17. 2  
Chron. 33. 11.  
c. 36. 1. to 22.  
Joh. c. 10. &  
11. & 12. Judg.  
1. 5, 6, 7. Job. 1.  
13. to 22. Lam.  
4. 6.

## 23.

Each Gardens (h) glorious lustre in the spring,  
And Summer time: sets forth mens (i) flourishing,  
Gly, prosperous worldly State, whiche carnall eyes,  
And hearts, most part, deere ever love and prize,  
Without good reaon, lith (k) within an boore  
It oft-times fades, and withers like a flowre.  
How many see mee great, rich, in good plight,  
At morning ; base, poore, wretched, dead, ere night ?  
In thrones to day, adorned with a Crowne,  
In chaines ere morning, slaine, or quite put downe ?  
All times and stories seal this truth; be wise:  
Then now, and learn this worlds pompe to despise.

The

24.

The suddaine blasts and winters which befall  
 Our Gardens, and (<sup>l</sup>) decay or strip of all  
 Their lustre, beauty, flowers, fruits, represent  
 Unto our eyes and minds; that discontent,  
 Diseases, crosses, losses, which oft blast  
 Decay, consume, dry up, spoyle, and lay waste  
 Mens bodies, fortunes, states, and in short space  
 Leave them weake, (<sup>m</sup>) naked in most wretched case.  
 A truth we daily see. Let none then blesse  
 Himselfe, or truit in worldly happinesse,  
 Which every croffe, storme ficknesse will decay;  
 And when our winter comes will fad away.

(l) Ps. 103. 15.  
 16. Isa. 40. 6. 7.  
 8.

(m) Job. I. & 2.  
 & 3. see k. be-  
 fore.

25.

The Garden flowers wee see, each yeare to dye  
 And (<sup>n</sup>) last not many Mouths: the (<sup>o</sup>) the brevity  
 Of mans fraile life, demonstrates to our sight  
 In lively sort, and shoud each day and night,  
 Fit, and (<sup>p</sup>) prepare us for our dying day,  
 And all vaine thoughts of long life chace away.  
 Hence holy men did place their (<sup>q</sup>) Tombes of old,  
 Within their garden, where they did behold  
 So many pictures of mortality,  
 From day to day, and sommons still to dye;  
 For feare their Garden pleasures and delights,  
 Should chace away death from their thoughts or  
 sights.

And shoud instruct us in the (<sup>r</sup>) midſt of all  
 Our pleasures, pastimes death to mind to call.  
 But chiefly when we in our Gardens walke,  
 Where we ſtill view him in each leafe, flowre, ſtalke,  
 That fades, falls, withers. So that we are blind,  
 Yea ſottish, if we there death doe not mind.

<sup>n</sup> Isa. 40. 6. 7. 8.  
 Ps. 103. 15. 16.  
 (<sup>o</sup>) Job. 14. 1.  
 2. c. 8. 9. Psal.  
 102. 11.  
 (<sup>p</sup>) Job. 14. 14.  
 Isa. 38. 1. 2.  
 2 Tim. 4. 6. 7.  
 8. Mat. 24. 42.  
 c. 25. 13. Luk.  
 12. 38. i.  
 (<sup>q</sup>) Joh. 18. 41.  
 Mat. 27. 60. 2  
 King. 21. 18.

(r) Ecclef. II.  
 8. 9. c. 12. I. &c.

26.

(f) Job. 14.7.  
8,9.12. Hosea  
14.5,6,7. Cant.  
2.12, 13. Psal.  
104.30.  
(g) Judg. 2.10.  
Psal. 4.8. Ec-  
cles. 5.4.

The new fresh garden flowers,herbes,plants wee see  
Spring up in place of those that withred be,  
From their seedes,rootes, most sweetly to us shew,  
The new (t) successions in mankind,which grow,  
Out of the seed and loynes of those who dye,  
Whose vacant places they fill and supply.

27.

(w) Cant. 2.12,  
13. Job. 14.7,  
8,9.12. Hosea  
14.5,6,7.  
(x) Job. 42.10.  
to 17. Hosea  
14.5,6,7. Mi-  
cah 7.8,9, 10.  
Psal. 34.19.22.  
Psal. 37. 32,33,  
37,39,40. Psal.  
40. 1,2,3. Psal.  
138.7. Psal. 142.  
7. Psal. 145.18,  
19,20. Psal. 71.  
20,21. Ezech.  
27.8.10.12.  
(y) Psal. 42.5,10  
theend. Psal. 43.  
2,3,5. Psal. 46.  
1,2,3. 4. Psal.  
27. 1, 2, 3. 14.  
Psal. 29. 11.  
Psal. 31. 23.  
24. Ps. 40. 1,2,  
3. Ezech. 37.1.  
to 13.  
(z) Hosea 14.  
5,6,7.

When wee behold those garden flowers, herbes,  
trees,  
Which seem'd quite dead in winter, by degrees  
When spring-time comes, (w) revive, sprout up on high,  
And flourish more than they did formerly:  
It sweetly shewes,minds,learnes us,when as wee  
With sicknesse,crosses,losses, withred be,  
And all amort,(x) that if with patience,  
Faith,prayer,hope and stedfast confidence  
We waite on God, we shall revive, grow,spring,  
In his due time, and gaine a flourishing,  
Farre better state, than we enjoyd before;  
As Job with others have done heretofore.  
Be then our crosses,cases what they will,  
Past hope,past helpe in carnall eyes : yet (y) still,  
Let us with chearfull, joyfull hearts relye,  
And wait on God for helpe ; who certainly  
Will in best time our winter sea, on end,  
And us a joyfull Spring and Summer send :  
Wherin we shall revive,grow, flourish more,  
And happier be than ever heretofore  
God,who our fields and gardens makes to spring,  
Will much more cause us to (z) sprout,grow,about,sing:  
Which

Which well digested, would us cheare and joy  
 Amidst all crosses, which could us annoy :  
 Yea banish all our <sup>(a)</sup> feare of death or grave,  
 From which we shall a <sup>(b)</sup> resurrellion have  
 To endlesse glory, which each gardens spring,  
 Unto our minds and eyes, with joy shall bring.

(a) 1 Cor. 15.  
 55,56.  
 (b) Isay 26.19.  
 Job. 19. 23,  
 26,27. 1 Cor.  
 15. 1 Thef. 4.  
 13,10 18. Joh.  
 11.24.

## 28.

The diverse sorts of herbes, flowers, plants, rootes,  
 trees,  
 Of different Natures, Qualities, Degrees,  
 We see grow in our Garden, without jarre,  
 Or discord, close together, or not farre  
 Asunder: To us aptly represent,  
 What sweet <sup>(c)</sup> agreement, concord, love, consent  
 There ought to be 'twixt men, although they be  
 Of different natures, callings, minds, degree,  
 When planted in one Country, City, place,  
 Church, household, or dis-joyn'd some little space.  
 And checkes all <sup>(d)</sup> proud, malignant, turbulent,  
 And greedy men, who are to discord bent;  
 And never rest content with what they have,  
 But others <sup>(e)</sup> Lands, goods, places, seeke and crave,  
 Enduring none to live in quietnesse  
 Neare them, that they alone might all possesse.

(c) Rom. 12.  
 10,16, 18, 19.  
 c.13.8,9,10. c.  
 15,5,6,7. Gen.  
 13.8,9. Eph.4.  
 2,3, 4, 5, 6.  
 Heb.12.14,15.  
 (d) Prov. 13.  
 10. c.17. 14.  
 c. 18. 6. 19.  
 1 Cor.1.11,12.  
 13. Rom. 16.  
 17,18.  
 (e) Isay 5. 8.  
 Mich.2.2,3.

## 5.

When as wee see weeds Gardens overgrow,  
 Deface, kill herbes, flowres, fruits that in them  
 blow,  
 Through meere neglect, and want of weeding; wee  
 As in a map or glasse, may thereby see,

(f) 2 Chron. 33.  
2.10. 15. Prov.  
11. 11. c. 12. 7.  
c. 14. 11. Psal.  
140. 11. Pl. 37.  
38. 2 Pet. 2. 1.  
to 22.

(\*) Joh. 8. 11.  
2 Chro. 34. 15.  
16. 17. Jer. 13:  
23.

(g) Gen. 3. 8. to  
15. Cant. 5. 1.  
(b) Gen. 1. 26.  
to 31. c. 2. 18.  
to 22. c. 3. 1. to  
8. Psal. 8. 4. to  
9.  
(i) Ps. 95. 1. 7.  
Psal. 100. 1. 2.  
3. 4.  
(k) Prov. 13. 5.  
Mat. 7. 6. 2 Pet.  
2. 21. 22. Isa. 1.  
6. c. 66. 3. 4. c.  
64. 6. Zach. 11.  
8.

(l) Isa. 5. 2.  
Cant. 4. 12.  
Mat. 21. 33.

(m) Jer. 9. 14.  
Isa. 55. 1. 2. 3.  
Joh. 15. 5. 8.

How weeds of (f) sinne, lust, vice men over-grow,  
Disgrace, deturpate, kill, and overthrow,  
For want of timely weeding: and deface,  
Choake all their parts, wits, vertues, gifts of grace:  
And so should teach us with all care to weed  
Them out, as fast as they within us breed:  
Which, if neglected will in short time gaine  
Such roote, that they will in us still (\*) remaine,  
Unill they over-runne, kill, quite decay  
Our vertues, parts, and cast our soules away.

## 30.

As Gardens are the (g) richest, p' easantest  
Prime parts of all the Earth: So (b) mans the best,  
Chiefe, primate, Lord of all Gods workes: which high  
Advancement and surpassing dignity,  
Should make him (i) thankefull, and strive to excell  
All else in goodness, graces, living well;  
There being nought so (k) loathsome, vile or base  
As men devoyd of goodness, vertue, grace;  
The vilest toades, or creatures we behold  
Are better than such men ten thousand-fold.  
For shame then let our graces, lives, expresse,  
Grace, Crowne that state of honor, we possesse.

## 31.

The care men have to (l) fence, weed, dung, prune,  
dresser,  
Those Gardens, Orchards which they here possesse  
To make them fruitfull, p' easant: should excite  
Us all with greater care, paines and delight,  
Our soules to fence (m) weed water, dung, prune, dresser,  
That they in fruits of grace, and pleasantnesse,

May

*May more abound; it being to no end  
Those, not our selves, to fence, soyle, dresse, & mend.*

32.

When we behold small Gardens fraught with store  
Of rarest flowres, herbes, fruits, and yeelding more  
Of these than greatest Gardens, commonly  
Made more for pleasure, than commodity :  
We may contemplate, how some men of small  
And little stature, oft excell the tall,  
Great, vastest, men of bulke, in gifts, wit, parts,  
True valour, learning, wisedome, skill in Arts:  
And how (n) mean men for birth, state, fortune, place  
Oft times transcend in wisedome, parts, arts, grace  
*In rarest gifts, and vertues of each kind*  
*The Greatest Nobles, Peeres, in whom we find*  
*Too oft more shew than substance, less within*  
*Than in a russet coat, or coarser skinne :*  
It is not greatnesse, honour, wealth, place then  
That make us fruitfull, good, or better men  
Than others: but our goodnesse, vertue, grace,  
And fruitfull lives, without which are vll (o) base  
*What ever be their births, states, dignities*  
*By them, not these, God will them (p) judge and prize,*  
*The poorest men adorn'd with them (q) excell*  
*The greatest Kings in whom they do not dwell.*

(n)Psal.78.70.  
71.72. Eccles.  
4.13. 14. C. 9.  
15.16.1 Cor.1.  
16.17.18. Jam.  
2.1.10.8.2 Cor.  
4.7.10.12. 1  
Cor.4.9.10.14.  
Job.32.9. Jer.  
5.5.6.

(o)Dan.1.1.21.  
Psal.15.4. Isa.  
32.5.6.  
(p) Mal.3.16.  
17. Mat.7.22.  
23. Act.10.34.  
Col.3.25. 1  
Pet.1.17.  
(q) Prov. 12.  
26. Ps.16.3.

33.

Lord, make each Garden, I shall henceforth see,  
A Christall looking glasse, and booke to mee,  
Wherein I may mine owne Mortality  
And humane state so clearly view, descry,  
Read, and contemplate, as each day to mend  
My sinfull life, and fit mee for my end;

V 3

Still

Still walking worthy of that humane state  
 Wherein thou mad'st mee, till thou shalt translate  
 mee to a better in the heavens high,  
 Where I with thee shall live eternally.



### Meditations of the sixth Rank.

**O**nce more, a Garden paints forth to our view,  
 The state of Gods Church, and his chosen  
 crue.

#### 1.

For first, as Gardens are (**r**) choye plots cell'd out  
 From other common grounds that ly about,  
 And sequestred from them for speciaall use:  
 So God his Church and Sainz doth call, and chuse,  
 Then set apart from others, of meere grace,  
 For speciaall use, and his owne dwelling place.

#### 2.

Gardens (**t**) enclosed are with walls, pales, bounds,  
 Hedges, dikes, and more fence'd than other grounds:  
 So God his Church and chosen doth (**u**) enclose,  
 And fence with walls, pales, dikes against all foes,  
 Boares, beasts that wold annoy, or roote them out,  
 And none so safe as they are fence'd about.

Gardens

3.

Gardens are often (*x*) digg'd to kill their weedes;  
 And them to plant, sow with good fruits, rootes, seedes  
 Of all sorts, which else would not there spring, grow:  
 So Gods elect, and Church, whiles here below  
 Are oft times digg'd and (*y*) plough'd up sundry waies  
 By foes, and crosses which God on them layes,  
 Their weedes of sinne, vice, error fur to kill,  
 And them with all good plants, rootes, fruits to fill;  
 Plant, sow, of which they were (*t*) uncapable,  
 Untill digg'd up, and made Gods arable.  
 O let us never mournur, nor complaine  
 When God thus digs or ploughs us for our (*a*) gam,  
 Our sins to root up, and in us to plant  
 Instead of them, all graces which wee want.

(*x*) Mat. 21.33.  
 Isay 5. 2. 6.  
 Luc. 13.19.

(*y*) Psal. 129.3.  
 Jer. 26.18. Jer.  
 4.3. Hof. 2. 23.  
 Ca. 10.12.2 Chr.  
 33.11,12,13.  
 Pfal. 119.67.  
 Isay 48.10.  
 (*t*) Jer. 22.21.  
 2 Chron. 34.  
 16,17.  
 (*a*) Heb. 12. 10,  
 11. Pf. 119.67.  
 Isa. 1. 25. Dan.  
 11.35. Mal. 3.3.

4.

(*b*) Gardens are dung'd, dress't, kept with speciall care  
 To make them fertile, and more fruits to bear:  
 Gods Church and chosen are still dung'd, soyl'd, fed,  
 With his sweet (*c*) Word, and Sacramental bread,  
 And daily (*d*) dress't, kept with great cost, care, toyle,  
 To make them usefull, fruitfull, fat, rich soyle,  
 By sacred Gardners; else no (*e*) one good thing,  
 No fruits of grace would in them grow or spring.  
 O let us answer Gods great cost, paines, care!  
 If after these we barren, fruiteless are,  
 It will be fatal; (*f*) God in wrath will baste  
 To roote us up, and lay us ever waste:

(*b*) Isa. 5.1,2,  
 3. Mat. 21.33.

(*c*) 1 Pet. 2.2.  
 Isa 55. 1. 3.  
 Joh. 6. 30.10  
 62;

(*d*) 1 Cor. 3. 10  
 12.

(*e*) Rom. 7. 18.  
 Joh. 1. 16. Act.

20.32. c.26.18.

(*f*) Isa. 5. 1. 10  
 8. Pf. 80.12,13.  
 2 Chron. 24.

No

## 5.

(g) Gen. 2. 8.  
11a. 5. 23. Jer.  
29. 5. 18. Amos  
5. 11. c. 9. 14.  
(h) Gen. 3. 17.  
18. 19. Heb. 6.  
8. Prov. 24. 31.  
Zeph. 2. 9.  
Hosea 9. 6. Isa.  
3. 4. 13.  
(i) Isa. 60. 21.  
c. 61. 9. 1 Cor. 3.  
5. to 12. Eph.  
2. 1. to 14.

No choice seedes, roots, plants, herbes in gardens grow,  
Unless men them there first (g) plant, set, or sow,  
When (h) weeds, grasse, herbes, plants, that are com-  
mon there

Spring up and grow without our cost, paines, care :  
No choice rare plants, rootes fruits of saving grace  
Will spring or grow, in any Church, Saint, place,  
Unless God first them (i) plant, sow cherishe there,  
When all by nature weeds, and ill fruits beare,  
And common Morrall vertues; which are found  
In very Pagans, heathens, common ground.  
Lord plant and store our soules with grace, that we  
May sweet and fruitfull Gardens be to thee.

## 6.

(k) Isa. 61. 11.  
(l) Mat. 13. 8.  
24. Joh. 15. 5.  
8. Col. 1. 10.

Gardens are fruitfull (k) making that to grow  
With great increase, which men within them sow :  
Gods Church and chosen (l) fertile are, the seed  
Sowne in their hearts, a large increase doth breeede,  
Though more in some than others : Happy wee  
If such a large increase God in us see.

## 7.

(m) Gen 3. 18.  
Isay. 34. 13.  
Prov. 24. 31.  
Zeph. 2. 9. Hos.  
9. 6.  
(n) Mat. 13. 24.  
to 51. Rev. 2.  
3. 1 Joh. 11.  
8. 9. 10. Jam.  
3. 2. Rom. 7. 7.  
to 25. Prov. 24.  
16.

No Garden soyle so good, but that it (m) breeds,  
And of its owne accord, brings forth some weeds,  
Which not p'uekt up with care would overflow,  
And quickly kill the fruits that in it grow:  
The best, the purest (n) Churcher, Saints that be  
From weeds of sinne, vice, errors are not free,  
Which do and will still in them daily grow  
Up of themselves, whiles they are here below.

And

And not (<sup>e</sup>) pul'd up, kept downe with daily care,  
Much paines, would soone bide, kill, choake all their rare  
Resplendent vertues, graces : O then still  
Be rooting up these weedes that be so ill.

(e) Heb. 12. 15.  
16, 17. Mat. 13.  
1. 23. Heb. 4.  
1. 11. c. 3. 13.  
1 Cor. 5, 6, 7.

## 8.

(<sup>f</sup>) *Weeds in a Garden are a loathsome thing;*  
And though we cannot hinder them to spring  
Up there, yet still wee roote them up with speed,  
And not permit them there to grow. roote, seed :  
*Weeds of corruption, error, sinne that rise*  
*Up in the Church, or Saints, to Gods pure eyes,*  
(And their owne too) are a vile (<sup>g</sup>) horrid fight,  
Which though they cannot shunne, yet still they (<sup>i</sup>) fight  
Against them, never suffering them to dwell,  
Roote, breed within them, but with care expell,  
And kepe them under, that they never raigne  
Within them, though their reliques there remaine:  
That Church, man then is but in evill plignt,  
Which doth not thus against sinne dayly fight;  
Which should by farre more loathsome to us be,  
Than all the weedes we in our gardens see.

(f) Prov. 24. 30,  
31.

(g) Hab. 1. 13.  
Prov. 13. 5. 1  
Cor. 5. 1, 2, 5, 7,  
10, 12, 13.  
(r) Rom. 6. 1.  
10 23. c. 7. 7. to  
25. Gal. 5. 16. to  
26. Heb. 12. 4. 1  
Cor. 9. 26, 27.

## 9.

As Gardens, so Gods Church, Saints (<sup>f</sup>) stored are  
With all the fruits, herbes, plants, of grace most rare,  
Rich, usefull: here alone we may view, find  
All graces, vertues, of what ever kind ;  
Whose shining luster and variety,  
Make them most lovely in each sacred eye.

(f) Joh. 1. 16.  
Col. 1. 10. Eph.  
1. 23. c. 3. 16,  
17, 18, 19. 2  
Pet. 1. 5. to 12.  
2 Cor. 8. 7.

IO.

(t) Cant. 5.1,  
2.c.6.2.11.c.9.  
13.Gen.27.27.  
Hos.14.6.

(u) Psal. 16.3.  
Acts 2.42,46,  
47.Heb.10.24,  
25. 1 Joh. 1.3.  
c.2.19. Ps.27.  
4.

(x) Psal. 84.1.  
to 12. Psal.4.2.  
1,2.Ps.27.4.

Gardens are very (t) pleasant, sweet in smell,  
Alluring men in them to walke, live, dwell,  
Gods Church and chosen Saints are like: no place  
Or company to all indu'd with grace  
Is halfe (u) so pleasant, lovely sweet as they :  
Wherin, wherewith they long to be, dwell, stay  
For ever, and (x) would rather Porter bee  
Within Gods house, than men of best degree,  
Or Kings without it: finding more content  
And sweetnesse in one day or houre well spent  
Within it, than in thousand yeres, weekes, dayes,  
Past e're where in the pleasant' st feasts, maskes, playes.  
Those who in Gods Church, Saints, no such de-  
light,  
Or sweetnesse find, may judge their states not right.

II.

(y) Cant. 5.1.c.  
6.2.12.c.8.13.  
(z) Cant. 8.13.  
c.6. 2.2 Cor.6.  
16.17.18.Lev.  
26.12.Eph.3.  
17. Rev. 7.15.  
c.21.3.c.3.20.  
Gal. 2.20. 1..  
Joh. 3.24. c.4.  
16.  
(a) Gen. 2.5.6.  
10. 11. Job. 8.  
16.c.14.9. Isa.  
1.30. Jer.14.1.  
to 21. Isa.58.  
11. Ps. 65. 10.  
11.Hosea 14.5,  
6.7.

And as men thus (y) delight to walke, live, dwell,  
In pleasant gardens, which they like full well:  
So (z) Christ within his Church, Saints walkes, resides,  
Lives, dwells, and in no place on earth abides,  
Delights or joyes, so much as in them: where  
Hee feeds, feasts, rests, and doth his palace reare.  
Sweet Jesu let my soule thy garden bee,  
That thou maist still delight, walke, dwell in mee.

12.

No (a) Gardens spring, grow greene, or fructifie,  
Unless the Sun shine on them from on high,  
And clouds drop raine, dew on them to revive  
Their withred fruits, and make them sprout, grow, thrive:

No

No Church or Saint can <sup>(b)</sup>spring, grow, thrive in grace,  
Unless the rayes of Gods most blessed face,  
And Christ's (the Sonne of righteouſneſſe) bright beameſ,  
Shine on them: and their sweeteſt floweres, dewes, streames,  
And influence from heaven on them drop,  
To make them beare a rich and ample crop.

Lord let thy Church and chosen ever bee  
Bleſt with these rayes, floweres, streames which flow  
from thee:

Then ſhall they <sup>(c)</sup>ſtill be green, freſh, flouriſhing,  
And ſtore of fruits of grace to thee forth bring.

## 13.

Gardens have in them all ſorts of herbes, trees,  
Flowers, rootes, plants: So the <sup>(d)</sup>Church hath all  
degrees,

And rankes of men within her, high, and low,  
Rich, poore, old, young, good, bad, here in her grow.  
This <sup>(e)</sup>Peters ſheet, Christ's net did typifie,  
And is a truth apparent to each eye.

From hence the Church hath gain'd the ſtyle and  
name

Of <sup>(f)</sup>Catholike, ſith all ſorts in the same  
Comprized are. Let no men then ſeclude  
Themselves from her, who doth all ſorts include.

## 14.

As <sup>(g)</sup>Gardens, ſo Gods Church, Saints planted are  
By <sup>(h)</sup>rivers ſide, and Christall streames, their rare,  
Rich, precious fruits to water day by day,  
Which elſe would fade, and wiſher quite away:

The living waters, ſprings, streames of Chrift's blood,  
Word, ſpirit, grace, prepared for their good;  
Still by or in them glide, run, flow, and ſpring,  
To make them ſweete, greene, pleasant fruits to bring

- (k) Isa. 27. 2, 3.
- Mal. 4. 2. Pſal.
- 80. 7. 19. Luc. 1.
- 78. 79. 2 Cor.
- 4. 4. 6. Pſ. 72. 6.
- Joh. 1. 1. Heb.
- 6. 6, 7. Eph. 4.
- 15. C. 2. 21. 2
- Theſſ. 1. 3. 1
- Pet. 2. 2. 2 Pet.
- 3. 18. 1 Cor. 3.
- 5. 10. 11.
- (e) Pſ. 1. 3. Jer.
- 17. 8. Pſ. 92. 13.
- 14. 15.

- (d) Eph. 2. 10.
- 12. 13. 16. 10
- 25. C. 3. 5. 6.
- Gal. 3. 27. 28.
- Jam. 2. 1. 10. 10.
- Mat. 23. 47. 48.
- (e) Acts 10. 1. 2.
- 10. 17. Mar. 1. 3.
- 47. 48. 49.
- (f) Pſal. 19. 11.
- Rom. 10. 1. 9.
- Math. 28. 19.
- Mar. 16. 15. 16.
- (g) Gen. 2. 10.
- Num. 24. 6. Isa.
- 58. 11.
- (h) Pſ. 1. 3. Jer.
- 17. 8. Heb. 6. 7.
- Cant. 4. 15. Isa.
- 27. 2. 3. Joh. 4.
- 13. 1. 4. 15. C. 7.
- 38. C. 19. 34. 1
- Joh. 5. 6. 8. Re.
- 21. 6. C. 22. 17.
- 1 Cor. 3. 5. 10.
- 12.

(i) Heb. 6.8.  
Mar. 3.10. c.7.  
19. Luc.13.6,  
7.8.

(k) Psal.80.13.  
Cant.2.15.  
(l) Psal.80.12,  
13, 14, 15.  
2 Chron. 34.  
15. to 19. Acts  
8.13; 9. c.9.13.  
2. c.12.1. to 7.  
(m) Ps.125.2,3.

In more abundance. O (i) thrice wretched mee,  
If under these we withered, barren be.

15.

When (k) wild bores, beasts breake into Gardens, they  
Them roote up, wast, deface, and much decay:

When (l) cruell, potent tyrants, wolves, boares, swine,  
Breake in upon Gods Church, or Saints, they mine,  
Roote up, spoyle, wast them, unlesse God asswage,  
Restraine, divert, or quell their spitefull rage.

Lord alwayes (m) fence thy Church, Saints round about,  
Against all foes, who seeke to roote them out;  
And when thou shalt permit them to breake in,  
Oh then, let them root nought out but their sinne.

16.

As ripe seeds shooke downe, with winds, stormes or  
raine,

(n) Luc.13.19.  
1 Cor. 15. 36,  
37, 38. Mat.13.  
8.

(o) Sanguis  
Martyrum se-  
men Ecclesie.  
Cyprian.  
(p) Acts 8.1. to  
16. c.11. 19. to  
25. Exod. 1.  
11., 12, 13, 14,  
15.

(q) Exod.1.12.  
Philemon. 10.  
Philip. 1. 1. 14.  
16, 17, 18. Acts  
8.1. to 16.

In Gardens to the Earth, there (n) spring againe  
With great increase; where every little seede  
A new great plant, and more stakkes, seedes doth breed:  
So in Chriifts Church and Garden, every (o) drop  
Of Martyrs blood there shed, brings forth a crop,  
And large (p) increase of Christian plants, who fill  
The places where their foes their blood did spill,  
To their great griefe and shame: who thought thereby  
Quite to prevent and kill their progeny;  
Which they meane while did onely plant and sow,  
And by that blood they shed made these to grow.  
Yea, as some Garden plants, herbes often cropt  
Spring up more thicke: So Gods Church, Saints  
oft loopt,

Cut downe, cropt, (nay destroy'd in carnall eyes  
Conceit) by cruell Tyrants; sprout, arise,  
And grow more thicke, great, numerous thereby;  
The (q) more cut downe, the more they multiply:

Witnesse

*Witnessse the (r)Churches story in each age,  
Which gain'd,increas'd,not lost by tyrants rage.  
O let us then be willing thus to sow (grow,  
Our blood,that thence new troops of Saints may  
To stote Christs Church, mantaine his cause when  
Are turn'd to dust,consum'd and cease to bee. (we*

(r) Euseb.  
Theodoret.Ni-  
cephorus, So-  
cates, Evagri-  
us, the Centu-  
ries, the En-  
glish,& French  
books of Mar-  
tyrs.

27.

*The Garden herbes,flowers,plants which seeme (f) to die,  
In winter,when bid under earth they lye  
Within their Rootes or Seeds,yet spring againe,  
When winter ends,through Summers heat and raine,  
And shew that they were neither dead,kill'd,lost,  
But onely nipt and hid by winters frost;  
Because they thus in summer spring,revive,  
And shew themselves to every eye alive:  
Most sweetly,clearly to us demonstrate,  
Gods chosen Saints and Churches winter-state,  
Whose faith and saving graces (t) seeme to die  
In their temptations, and so buried lye  
Within their seeds,roots,that they want the fence,  
Fruits,comforts of them: and conclude from thence,  
That they no doubt are quite dead,kill'd,spoil'd,lost  
And they undone,by their sharpe winters frost.  
But yet when these their boylstrous storms are past,  
And Summer comes,they (u) re-appeare at last,  
To their great comfort, and so sprout,grow,thrive  
Afresh,that all see,they were still alive;  
And onely bid,benummred for that space.  
O then let all indu'd with saving grace  
Learne hence their drooping soules to comfort,  
cheare,  
In all temptations,cases,where they feare  
A losse of graces.Loe,they (x) still remaine  
In safety in them, and shall spring againe.*

(s) Job 14.7,  
8,9.Cant.2.11,  
12,13. Hosea  
14.5,6.Ps.104.  
29,30.14. Isa.  
53.2. Mat. 24.  
32.

(t) Psal. 51.9,  
1C,1,1,2.Psal.  
42.5,6. Pl.77.  
1-10 11.Revel.  
3.2.

(u) Hosea 14.  
5,6. Mich.7.8,  
9. Isa. 40. 29,  
30,31.Job 17.  
9.Ps.92.12,13,  
14,15.Luc. 22.  
32 Rev.2.19.  
(x) 1 Joh. 3.9.  
Pl.1,3,Pl.125.  
1,2.Rom.8.35.  
to the end. Jer.  
32.38,39,40,  
41.Esa. 58. 11.  
Pl.57.24.

(9) Cant. 2. 11,  
12, 13. Hof. 14.  
5, 6. Isa. 60. 1.  
Eph. 5. 24.

What though they cannot now them feele or eye;  
Wait but a while, and they shall them discry.  
It will not still be winter, (9) *spring is neere;*  
*If not before, yet then they will appeare,*  
*In greater lustre, vigor than before.*  
Lay up this blessed cordiall then in store,  
Against all evill dayes which will us cheare,  
When as our graces hide, and disappeare.

## 18.

(8) Stapleton,  
Bellarmin, Bo-  
zzius, Augusti-  
nus Trium-  
phans, and o-  
thers.

(7) 1 Kings 19.  
14, 15, 18. Ro.  
11. 3. to 6. Mat.  
26, 56. Acts 8. 1.  
Heb. 11. 36, 37,  
38.

Hence may we likewise *Popish sots* fell,  
*W<sup>th</sup>o bold (7) Gods Church on earth still visib<sup>e</sup>,*  
*In gloriouſe ſort,* as if ſhe alwayes grew  
In ſummer land<sup>s</sup>, and no winter knew: (low  
When as each true Church, Saint, whiles here be-  
Oft feele, and find ſuch winters, stormes, frost, ſnow.  
*As quite eclipse, vaile, hide them, and their grace,*  
*Ye make them ſeeme dead, liveleſſe for a ſpace,*  
*Both in their owne and others ſenſe;* as I  
By ſundry ſtories might exemplifie,  
Did not each gardens winter quarter teach  
This truth, and it unto our ſenſes preach.

## 19.

Hence may each Church, S<sup>t</sup> further learn to cheere,  
Steele, arme themſelves againſt all future feare  
Of winter stormes, blaſts, tryallſ which may ſhake  
Their leaves, fruits, italks down to the earth, & make  
Them in appearance liveleſſe, voyd, of grace,  
And in a wretched, helpeleſſe, hopeleſſe caſe,  
Like Gardens in cold winters: But yet ſhall  
This daunt their faith, or make their hope quite fal?  
O no! this winter laſts but for a ſpace,  
And then ſucceeds a bleſſed ſpring of grace;

Which

Which shall revive, refresh, repaire, restore,  
Yea much increase, what seem'd dead, lost before,  
As it did unto (a) Job, whose latter end  
*His first estate in blisse did farre transcend:*  
O then, what ever be thy case, (b) relye,  
*Wait, rest on God with faith, hope, constancie,*  
*W<sup>o</sup> so farre beyond thy thoughts will thee translate,*  
*In his due season, to a blessed state:* (spring,  
He who makes each grasse, plant, herbe, grow and  
Will make his Church, Saints much more sprout,  
laugh, sing.

- (a) Job 42.10,  
to 17.
- (b) Mic. 7.8,9,  
10. [Ps. 27.14.  
P<sup>l</sup>. 37. 5,6,7,  
34.39. 40. Ps.  
40. 1,2,3. P<sup>l</sup>al.  
113. 7,8,9.

## 20.

Hence may all raging Persecutors see, (be  
That their attempts against Christs Chuch, Saints,  
Vaine,bootleſſe,feneleſſe, (c) crossing in event  
*The very end and scope of their intent,*  
*Making them more to thrive, increase, and grow,*  
*Instead of working their wiſſt overthrow.*  
O what a wise, sweete, gracious God have wee  
*Who workes our (d) blisse out of our misery?*  
*And makes the malice of our enemies,*  
*The spring from whence our greatest Comforts rise?*  
O what besotted, feneleſſe fooles are those  
Who Gods true Church, & chosen Saints oppofe!  
They thinke to crush, but raise them: they intend  
To worke their ruine, yet their states amend.  
This (e) Josephs brethren, (f) Hammons enmity,  
King (g) Pharaohs bloodſbed, bondage testifie;  
With others, whose attempts still overthrew  
Themſelves at laſt, but made Gods chosen crue.

- (c) Exod. 1.10,  
11,12,&c. Act.  
8.1,10 16.

- (d) Exod. 1, &  
2. Gen 38. to  
49. c. 50. 20,  
21. Ester.c.5.  
to 10 Dan.3.  
19. to the end.  
&c.7. through-  
out.

- (e) Gen. 37. 10  
50.
- (f) Esth 5. 10  
10.
- (g) Exod. 1. &  
2.

## 21.

In winter season we can hardly know,  
Dead Garden plants from living; ſith in ſhew

They

They both seeme dead and withered to the eye,  
But when as Summer comes, we presently  
Discerne the dead from those that are alive,  
Because the one (b) sprouts not, the other thrive:  
(i) Grow green, beare fruits; So when cold winters  
blast,

Benummis Gods childrens graces, or them cast  
Into a swooning fit, or Lethargie,  
Themselves or others hardly can descry  
Them from dead Christians: but when meanes of  
Grace,

And summer once begin to come in place,  
Both are with easie discerned, (k) Saints then spring,  
Revive, and goodly fruits of grace forth bring:  
And so their bidden life by (l) workes declare,  
The other spring not, or else fruitlesse are;  
And so proclime themselves (m) dead. Let all try  
Their inward state of life, and grace hereby.

## 23.

When (n) Gardens fruitlesse be or overgrowne  
With weedes or thornes, they are then open throwne,  
Pulld up, laid wast: So when a Church with weeds  
Is over-run, and nought but errors breeds,  
Or grosse corruptions, sins; (o) God then doth cast  
Her walls, pales downe, and forthwith layes her wast.  
Thus doth he deale with private Christians too,  
Who by their barrennesses, sinnes, Lusts undoe  
Themselves, provoking God them off to cast,  
Pull downe their hedge, and lay them ever wast.

O let each Church and Christian then take heed  
How they prove barren, or sinnes in them breed.

If Gods Bill of divorce be once out si'd,

(p) There is no helpe, it cannot be eschew'd.

(b) Jude 12.  
(i) Cant. 2.11,  
12, 13. Mat. 24.  
32. Hosea 14.  
5, 6, 7. Job 14.  
7, 8, 9, 10.

(k) Isa. 66. 14.  
Mal. 4. 2. Joh.  
15. 2. 7. 8.  
(l) Jam. 2. 17,  
18. Mat. 5. 16.  
Rev. 2. 19.  
(m) Jude 12.

(n) Isa. 5. 1. to  
8.  
(o) Psal. 80. 12,  
13. Isa. 5. 1. to  
8. 2 Chron. 34.  
15. to 20. Rev.  
2. 5. Heb. 6. 4,  
5, 6, 7, 8. c. 2. 3.  
c. 3. 1. to 17.  
Math. 3. 9. c. 7.  
19.  
(p) 1 Chr. 28.  
9. Psal. 95. 10,  
11. Heb. 3. 11,  
12. 1 Chr. 3. 4.  
16. Heb. 6. 5,  
6. Dan. 1. 28. 10  
32. Heb. 12. 17.

23.

In Gardens oft the shade and neighbourhood  
 Of weedes or poysinous Plants, corrupt the good;  
 Kill,blast, or harme them more or lesse: So ill  
 Lewd men of all sorts in the Church, doe still  
 Deprave<sup>(q)</sup> and hurt the better, their very shade  
 Hath blasted many, and them worser made.  
 There's no such Quench-coale, Plague, or bane of  
 grace

As wicked Consorts, who it most deface.  
*He who would thrive in Grace must ever (r) flye*  
*With chiefeſt Care, all ill Mens Company.*

24.

Some stinking weedes ill favour oft devoures,  
 Unsents the Perfumes of the sweetest flowers.  
 That Gardens yeeld: *The (s) noysome ſent and fume*  
*Of Saints and Churches vices oft conſume,*  
*Out-smell the richest Odours of their Grace;*  
*Which in Gods Noſe, and Mens then finde no place,*  
*Whiles that the ſtinking favour of their weedes*  
*Thus drownes their virtues ſent, and it exceeds.*  
 Othen roote out these nasty Plants, which ſinke  
 Our ſweeter fumes, and turne them into ſkinke.

25.

Sweete Garden Herbes, Flowers, Spices, Bruis'd in-  
 tend  
 Their fragrant Odors, and their ſents amend;  
 Whilſt whole they (t) ſweete are, yet their ſents but  
 feeble

Y

When

- (q) Pro.22.24.
- 25.1 Cor.5.10.
- 13.Heb.12.15.
- 2 Pet. 2.1.2.3
- Cor. 6.14.15.
- 16.17.18.
- (r) Psal. 26.4.
- 5.Psal.6.8. Ps.
- 101. 2. to the
- end. Psal. 119.
- 115.Psal. 139.
- 19.Pro.1.12.10
- 1. Isa. 52.11.
- Rev. 18.4. Ps.
- 1.1.
- (s) Isa. 1.2. to
- 28.Heb.6.5.6.
- 7.8.2 Pet.12.1.
- to the end. Rev.
- 2.4.5.14.15.
- 16.19.20. c.3.
- 15.10.17.Mat.
- 7.21.22.23.

- (t) Cant.5.13.
- Exod. 30.34.
- 23. Isa. 42.24.
- Jer. 6.20.

When chrusht, the sweeter, and their smell growes  
treble,

Thus Gods deare Church and Saints, when poun-  
ded, broke

Within Afflictions Morter, by the stroke  
Of Gods chastising hand, doe much (**v**) augment,  
*And more disperse their rich and fragrant sent:*  
*Their fume, but weake, and scarce discern'd before,*  
*Grow ten-fold stronger, and increas'd in store:*  
*Sending their fragrant Odors farre and nigh,*  
*Before scarce smelt by those who stood close by.*

I will not then repine, nor be offended  
At that whereby my sent's so much amended:  
Yea, so dilated, that its incense flyes

Throughout the Earth, and mounts above the  
skies:

The deare, sweete Incense of an (**x**) Heart contrite  
Perfumes the Heavens, and is Gods delight :

When as a (**y**) heart unbroken, yeelds no sent,

And ne're growes sweete till into peeces (**z**) rent.

## 26.

(a) Hest. 7. 7.  
8. Jer. 29. 5.  
Ecclesi. 5. Luk.  
13. 19.

(b) Col. 1. 6.  
Mar. 16. 15. 2  
Pet. 1. 1.

(c) Ephe. 2. 13.  
14. 15. to the  
end c. 4. 4. 5. 6.  
7. 13. 14. Rom.  
15. 5. 6.

(d) Jer. 29. 5.  
18. Amos. 9. 14.  
Eth. 1. 5. c. 7. 7.  
8.

Gardens (**a**) throughout the world dispersed ly  
In every Clime, grac'd through variety :  
Gods Church and Saints are (**b**) Catholike for place,  
In seate disjyn'd, (**c**) all one in heart and grace,  
Their graces, vertues sweete variety  
Fills up their Confort, crownes their Harmony.

## 27.

Men Plant no Gardens, (**d**) but where they intend  
To dwell in Person, or some time to spend,

And

And most part on their proper Fee,  
That they to them and theirs intall'd may be.  
God never planted Church in any Nation,  
*But where he meant to fixe his (e) habitation,*  
*At least for lives or yeares, most usually*  
*He plants in Fee; Saints for (f) eternity.*  
*Churches, with meanes, Saints, still with (e) fruities of*  
*grace,*  
Those for his Common, these his Proper place.  
*Churches may (b) lose his presence; meanes decay,*  
*Saints (i) still enjoy him, gifts shall last for aye.*  
Lord plant me as a Saint, that I may be  
To Thee, and Christ, th'one Heire, Eternall Fee.

## 28.

All Gardens (k) bear not the same kindes or store  
Of fruities alike; some fewer, some yeld more,  
Some Plants thrive best in one, some in another,  
What wants in one, is still supply'd by th'other,  
No one abounds with all things; all combin'd,  
In some or other we may all fruities finde;  
But so, no (l) Private Church, or Saint is stor'd  
With all perfections: nor doe all afford  
The selfsame Measure, or degree of grace,  
Their gifts, fruities, Omers, vary as their place.  
Some in their (i) faith excell, they all (k) agree  
In truth thereof, yet differ in degree;  
Others abound in (t) love and Charity;  
Yet all divided in this unity:  
Some are more (l) bumble; some more (m) patient  
These more (n) devout are; Others, more (o) Content,  
Those have more (p) knowledge; these more (q) joy, or  
peace.  
All one in substance, diverse in th' Increase.

Y 2

In

- (e) Psal. 68. 8.
- Psal. 131. 14.
- Levit. 26. 11.
- 12. 2 Cor. 6. 16.
- Rev. 21. 3.
- (f) Joh. 13. 1.
- Rom. 11. 29.
- Joh. 14. 16. 17.
- Isa. 59. 25.
- (g) Phil. 1. 10.
- 11. Col. 1. 9.
- 10. Gal. 5. 18.
- 22. 23.
- (h) Rev. 2. 5.
- Mat. 21. 43.
- (i) Joh. 10. 28.
- 29. Rom. 1. 1.
- 29. c. 8. 30. to  
the end.
- (k) Cant. 6. 2.
- 3. 12. 1 King.  
21. 2.
- (l) 1 Cor. 12.  
4. to 31. Ephef.  
4. 13. 16.
- (i) Rom. 1. 8.
- Eph. 1. 15. Col.  
1. 4. 1 Thes. 1.  
3.
- (k) Eph. 4. 5.
- Col. 1. 23.
- (k) Col. 1. 4. 2
- Thes. 1. 3.
- (l) Num. 12. 3.
- Zeph. 2. 3.
- (m) Jam. 5. 11.
- (n) Dan. 6. 10.
- (o) Phil. 4. 11.
- (p) 1 Cor. 12.  
8. Phil. 1. 9.
- (q) 1 Pet. 1. 8.
- Rom. 15. 13. 2
- Cor. 8. 2. Rom.  
15. 13. 2 Cor. 8.  
2.

(r) 1 Cor. 12.  
4 to 31.  
(s) Eph. 2.15.  
16. 21. c. 4. 4. 5.  
6. 12.  
(t) 1 Cor. 12. 4  
to 31.  
(u) Joh. 1. 16.  
(z) Col. 2. 9.  
10. Ephes. 1.  
23.  
(y) Heb. 5. 12.  
13. 14. 1 Cor.  
3. 1. 1 Pet. 2. 2.

In sum, their (r) gracer, their degrees are many  
Each one his shewe hath; but the whole not any  
To strangle pride, breed Love, make all (s) but one  
Sith all (t) defective, Cyphers if alone.  
But joyn'd in One (Christ, whence (v) all graces flow)  
All are (x) compleate, All graces in All grow.  
Let none then thinke they have no grace at all,  
Because not all kinds equall; or those small  
And weake they have; perchance it is (y) new sprung  
Infants are perfect Men, though small, weake, young,  
Compleat in All their parts, though All not view'd.  
At first, nor like in shape, strength, magnitude.

## 29.

(r) Jer. 39. 4.  
c. 52. 7. Eccl.  
2 5. 2 King. 21.  
18. 1 King. 21.  
2. Esth. I. 5. c. 7.  
7. 8.  
(a) Cant. 4. 12.  
15. 16. c. 5. 1. c.  
6. 2. 11. c. 8. 13.  
(b) Gen. 2. 8. 9.  
10. c. 13. 10. Isa.  
51. 3. Ezecl. 28.  
13. c. 31. 8. 9.  
Joel. 2. 3.  
(c) Psal. 149. 4.  
Lev. 26. 11. 12.  
Isa. 5. 7.

The greatest (r) Kings in Garden much delight  
And plant them neare unto their Palace sight.  
So Christ, the King of Kings, bath a (a) Garden  
Here upon Earth, his Church and Godly men,  
Wherin he walkes, dwells, much delights, and feeds,  
And plants them with all usefull fruities, berbes, seedes.  
Eden was once (b) Gods Garden stil'd, but now  
He doth no other Garden claime or know  
But his true Church, and chosen Saints onely:  
A Paradise most (c) pleasing to his eye.

## 30.

When as I view some Garden; Plants, Herbes, Trees  
(Exceeding others in their heates, degrees)  
Still (c) greene all winter long, unnipt with Frost  
When colder Plants Leaves, greenesse, fruities are lost;  
And those not hot, quite (a) shriveled, kild with cold;  
I doe therein contemplate and behold

Three

(c) Psal. 1. 3.  
Jer. 17. 8. Ezecl.  
47. 13. 37. 35.  
  
(a) Isa. 1. 30. c.  
c. 1.

Three sorts of Christians, whose sad winter Fates  
In persecutions, differ like their states.

The strongest Saints, hot in the fourth degree,  
Or third at least of faith, zeale; stand (*b*) firme, free  
*From Winters Nips, Blasts, frosts, which though they beate*  
*Full sore upon them, cannot chill their heate:*  
Their inward fire still keeps them warme, fresh,  
green; When others fade, their Graces most are seene.  
Martyres were hottest, greenest, fruitefullst when  
Frosts hid, chil'd, kild, most shriveled other men.

(*b*) Psa. 1. 3.  
Psa. 37. 31. Pro.  
17. 8. Ezech.  
47. 1. Rom. 8.  
30. to the end.  
Cant. 8. 8. 6. 7.

The weaker, younger true Saints, hot but in  
The first degree, or second, oft (*c*) draw in  
Their heate, sap, vigour from their outward parts  
Unto the Roote and Center of their hearts;  
When winter stormes approach, so as their green  
Leaves of Profession fade, fall, are scarce seene  
Till winters past: meane while their graces lye  
Hid for the most part in obscurity,  
Like Rootes in Earth, good corne in chaffe, or fire  
In ashes; and as heate is low, or higher  
Within, or frost without, so more or lesse  
They chill, fade, shrinke, professe or not professe:  
Yet in these sharpest Frosts (*d*) there's life within,  
The hearts not frozen, shrivel'd, but the skin:  
When springs approach, cold stormes hath chas'd  
away,  
They soone peepe up in fresh, green, bright, ar-  
ray.

(*c*) 2 Tim. 4.  
16. Mat. 13. 21.

(*d*) Joh. 3. 9.

The Common Christians, who have no degree  
Of heate or saving grace (*e*) quite killed be

Y 3

And

(*e*) Mat. 13. 21.  
Luk. 8. 13. Jude  
12.

*And froze to death with persecutions frost,  
Their heat e before was borrowed, now its lost:  
It was the sunnes not theirs, all forraine fire,  
And summer fruits in Winter quite expire,  
Nor will the spring or summier them revive,  
No wonder, they were (f) dead when first alive.*

(f) Eph. 2. 1.

1 Tim. 5. 6.

Rev. 3. 1.

31.

*Rootes, Plants, whiles they in Garden-Earth fast  
Iye,*

*Are fresh and live, but taken thence (g) soone dye:  
Gods true Church is a Christians (h) Element  
Wherein he lives, growes, thrives; if from it rent,  
Disjoyn'd, we foone fade, wither, quite expire,  
We have no life, but in the true Church fire.*

(g) Jude 12.  
(h) 1 John 2.  
19. Eph. 4.13.  
to 17. Heb. 10.  
23.24.25.

32.

*The plucking up, and casting out of weeds  
From Gardens, lest they should good Herbes, Plants  
Seedes*

*Corrupt and over-grow; instruct and shew,  
How each true Church should rose up and (i) putt-throw  
By sacred Censures, all lewd wicked, vile  
Notorious sinners, lest they should defile,  
Deprave the good, and her quite over-grow,  
At last, by steps, and worke her over-throw.*

(i) 1 Cor. 5.  
throughout.  
Tim. 1.20. Mat.  
18.17.

33.

*All Garden-Flowers, Herbes, Plants contented rest  
With their owne (k) Native Colours, as the best;*

(k) Mat. 6. 28.  
29.30.

Abbor-

*Abhorring Artificiall varnish paints:*

So all Gods chosen (1) Plants, true hearted Saints,  
Themselves with their own (m) Native Beauty, Haire,  
Content; Use no Arts, Paints, to make them faire.

A counterfeitt Complexion, Bush, Face, Paint.

Doe ill become a (n) sincere-hearted Saint.

Where falso (o) Dyes, spots, appeare upon the skin,  
Its ten to one all's falso, naught, soule within :

Pride, Lust, Vaine-glory, Chambring, Wantonnesse,  
Or Vanity at least, such soules possesse.

The rootes from whence these spots, prints, first arise,  
Enough to make all Christians them despise.

(1) Isa. 61. 3.

(m) Mat. 5.36.

1 Tim. 2.9.10.

1 Pet. 3.3.4.5. 1

Thess. 5. 22. 23.

(n) Phil. 1. 10.

(o) Isa. 3.16.10

25. 2 King. 9.

30. Jer. 4. 30.

Ezech. 23. 40.

Rom. 12. 1.

Ezech. 16. 49.

50. 1 Pet. 3. 2.

3.4.5.

34.

The (k) lowest deepest Gardens most abound  
With fruities Herbes, Plants, and are the rickest ground:  
The (l) humblest Saints in fruitlefulness excell,  
And God in them delighteth most to dwelle.

Lord alwayes decke me with humility  
Which makes men fruitlefull, lovely in thine Eye.

(k) Gen. 13.10

Num. 24.6.

(l) Isa. 66. 2 c.

57.15. Jam. 4.6.

1 Pet. 5.5.6.

35.

Gardens have straite, sweete, pleasant walkes for  
men,

To (1) walke in, and refresh their spirits, when

They tyred, greeved, sicke, perplexed are:

So Gods Church, Saints, have many pleasant, rare,  
Straite, even walkes (Gods sacred (m) Lawes, Word,  
Wyses)

Wherin to walke, runne passe on, all their dyes;

Whiche their (m) Hearts, Soules refreshe, cheare and de-  
light,

Ten, all their cares, grieses, pressures make more light

And

(1) Esth 7.7.

(m) Psal. 119. 1.

3.32. Gal. 6.16.

Psal. 1.1.2.

(n) Psal. 119. 7.

to 13. Jet. 15.

16. Psal. 119.

*And easie, if not totally expell :  
O let us in these walkes; still walke, runne, dwell.*

36.

(b) Cant. 2. 12  
Gen. 1. 12 c. 2.  
Job 8. 16.

(c) Eph. 2. 1. 10  
8. 1 Cor. 6. 9.  
10. 11. Joh. 1.  
16. Col. 1. 9. 10.  
11. 1 Thet. 1.  
5. to 10.

(d) Rom. 8. 28.  
29. 30. Eph. 2.  
1. to the end.

(e) 1 Tim. 1. 15  
16. 13. 14. 2.  
Chron. 33. 15.

14.  
(f) Psal. 103.  
15. 16. Isa. 40. 6.  
7. 8. Mat. 6. 30.

(g) 1 Joh. 3. 2.  
Rom. 11. 29. 2.

Tim. 2. 19. Jer.  
32. 39. 40.

Rom. 8. 30. to  
the end. Psal.

125. 1. 2. 3. Psal.  
37. 23. 24. Isa.

40. 29. 30. 31.  
Joh. 10. 28. 29.

(b) 1 Cor. 15.  
1 Thet. 4. 14.  
16. Job 19. 25.

26. 27.

*When I behold the goodliest, (b) Trees, Flowers, grow,  
And spring out of vile earth, or dung below,  
Which have no beauty, splendor, comeliness  
Within them; but mere stink, and rottenesse.*

*Me thinkes I see thereby, how Gods great power,  
Makes sweete faire shining (c) graces, spring in our  
Vile earthly, rotten, stinking, sinfull hearts  
And Natures (when we be to him converted);  
Wherin wrought but sinnes, vices, lusts did spring  
Before; and no one grace, nor one good thing:*

*O let none then despaine of having grace  
Because his nature, heart, are sinfull, base,  
Corrupt and loathsome; since God makes stink-  
ing.*

*Vile Earth, dung, sweete faire goodly flowers  
forth-bring.*

*If thou be one of his (d) Elect, no doubt  
All his sweete graces, shall in these spring out  
In his due time; then neither feare, nor faint;  
The (e) worst of sinners God can make a Saint.*

*And though flowers be witty, and mens too which spring  
Out of meere dust, are (f) fading, withering,  
Yet soule decays, and turne to dust againe;  
Yet (g) saving graces flourish, flesh remaine,  
And last without decay, bee cause they spring*

*Not out of dust, but from Christ our head, King.  
Who doth preserve them alwayes from decay,  
And keepe Saints that they ne're fall quite away  
From saving Grace. Nay, when as our bodies  
Are trun'd to dung, (b) Christ shall cause them to rise*

Out

THE  
SOVLES COMPLAINT  
against the  
BODIES ENCROACH-  
MENTS ON HER:  
And the Generall Neglect she findes  
with Most.

By WILLIAM PRYNNE, above fourteene yeares Prisoner  
in the Tower of London; and since that, above three  
yeares Close Prisoner in Carnarvan in North-Wales,  
and in Mount-Orgueil Castle, in the Isle of Iersy.

Matthew 16. 26.

For what is a man profited, if he shall gaine the whole World, and lose  
his owne Soule: or what shall a man give in exchange for his Soule?

Isaiah 55. 2. 3.

Wherefore doe ye spend money for that which is not Bread? and your la-  
bour for that which satisfieth not? Harken diligently unto me, and  
eate ye that which is good, and let your SOVLE delight it selfe in  
fatnesse. Encline your eare and come unto me, heare and your SOVLE  
shall live, and I will make an everlasting covenant with you, even  
the sure Mercies of David.

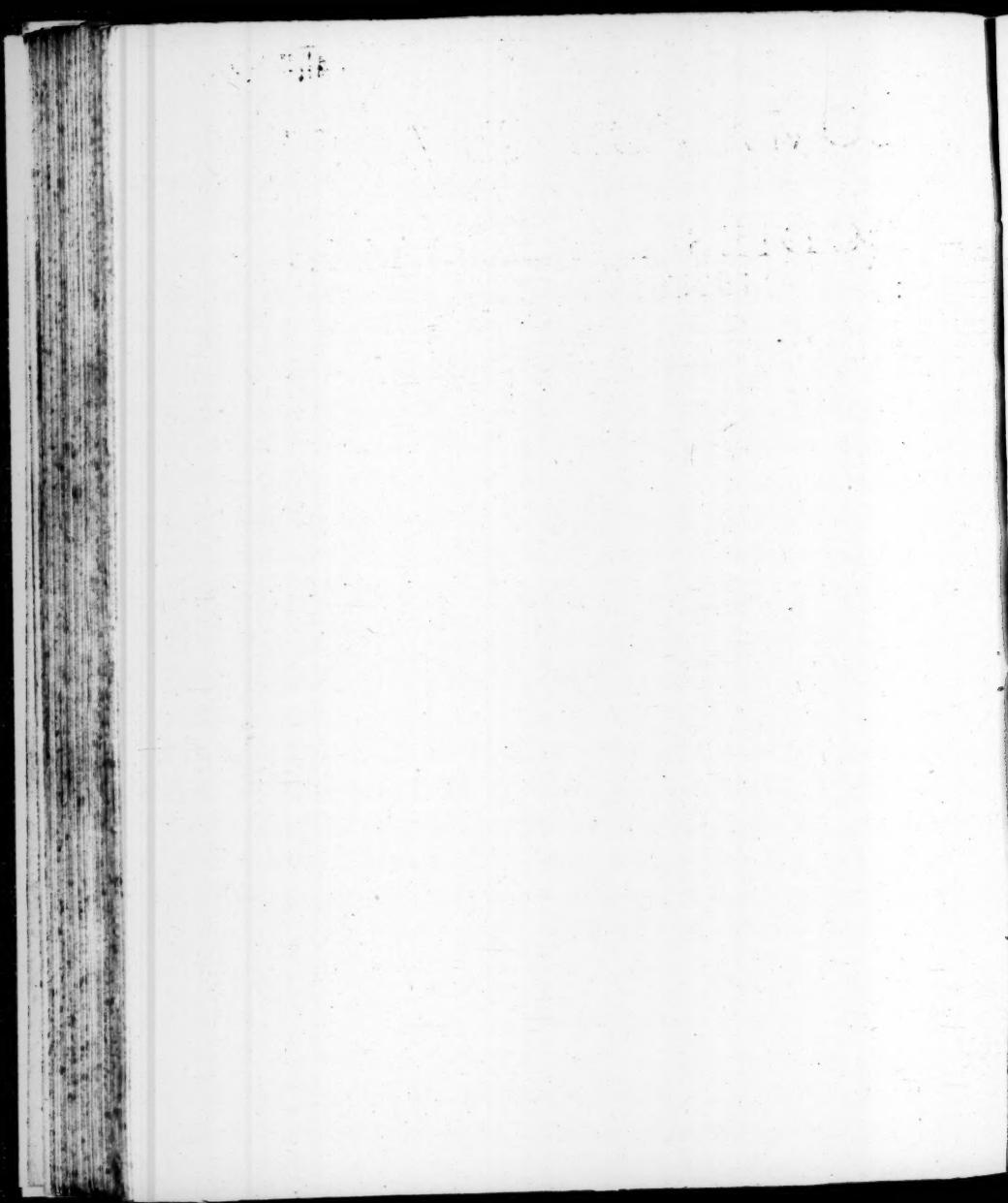
1 Peter 2. 11.

Dearely beloved, I beseech you as Pilgrims and Strangers abstaine from  
fleshy lusts, which war against the Soule.

1 Peter 3. 3. 4.

Whose adorning, let it not be that outward adorning of plaiting the  
haire, and of weareing of gold, or of putting on of apparell: But let  
it be the hidden man of the Heart, in that which is not corruptible,  
even the ornament of a meeke and quiet spirit, which is in the sight  
of God of great price.

London Printed by T. Cotes, for Michael Sparke dwelling at  
the blue Bible in Greene Arbor. 1641.



*Out of the dust, like flowers in the Spring,  
And to the state of endlesse glory bring.  
O sweete, sweete solace to each pious brest;  
Which here may sit downe, and take up his (i) Rest.*

(i) Psal. 4.8.  
Psal. 116.7.

Lord let each Garden which we henceforth eye  
Or walke in, such divine Thoughts instantly  
Bring to our Mindes, to raise our Soules to Thee,  
And make us better by what there we see.

### *The Epilogue.*

**O** That all Christians by this Posie, I  
Have here collected would learne instantly  
When as they in their pleasant Gardens walke,  
Thus with their owne (k) Hearts, God and Christ  
to take

(k) Psal. 4.4.

By pious Meditations, from what they  
Behold within their Gardens day by day.  
How sweete then would their walkes and Orchards  
prove?

How would their Soules be fired with Gods Love?  
Each Garden then would be a Paradise,  
A second Eden to the godly-wife :  
It not a Sinnefull, Shamefull, beastly thing  
For Christians to toyle, walk, talk, laugh, feast, sing,  
Play, sport themselves, or meditate onely  
Of worldly things, in Gardens constantly;  
And in the meane time scarce to have one sweete;  
Or pious thought from objects they there meeete,  
Of God, Christ, Heaven, Mans Mortalitie,  
Presented to them in each Herbe they Eye?

For shame then let us all this fault amend  
Hereafter, and our Hearts, Mindes, fully bend  
To godly Meditations, whiles we passe,  
Our time in Gardens, where each flower, herbe,  
grasse

And Creature we behold, will foone suggest  
Some vsefull Thoughts to every pious Breast,  
It to amend, and with sweete Extasies  
To elevate above the starry skies.  
If any want helpe in this kind, they may  
Till better come, make use of this Essay.

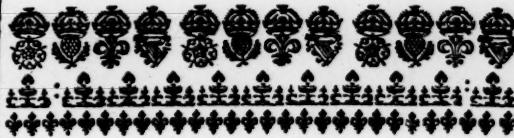
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*EJNJS.*

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TO

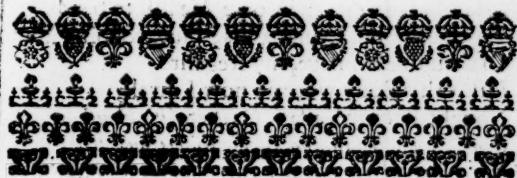
The Right Worshipfull his  
highly Honour'd good Friend, the  
Lady *ELIZABETH BALFOUR*,  
Wife to S<sup>r</sup> *William Balfoure*, Knight,  
Lieutenant of the Tower of  
LONDON.

**M**ADAM, Your Noble Favours whiles that I  
Did in the Tower of London Prisoner ly  
For sundry yeares, may now in Justice call  
For some expreſſion of my Thanks, though ſmall.  
Having no better meaneſ to teſtifie  
My gratitudine, than this ſmall Poetrie,  
Devoted to your Service, Uſe and Name;  
I crave your Kinde Acceptance of the ſame,  
And thofe thereto annexed; fruites of my  
Imprifonment; who ſhall both live and dye

Your Obliged Friend

and Servant,

WILLIAM PRYNNE.



THE  
SOVLES COM-  
PLAINT AGAINST  
THE BODIES ENCROACH-  
MENTS ON HER:

And the Generall Neglect She findes  
with most.

**L**soule, vive (a) Image of the Trinity,  
The (b) Breath of God; the Pearle, which  
(c) Christ did dye.  
To purchase; (d) Temple of the Holy Ghost,  
The charge of (e) Angels, and the Hea-  
venly Host.  
Earths Wonder, (f) Devils envie, Mans Prime Part,  
The Master-peece of God and Natures Art;  
(g) Worth thousand worlds; whose Pearelese Dignity  
No tongues of Men or Angels can descry,  
Must here with brinish Teares, and Sobs relate  
My Scorned, Slighted, and Neglected State,

Sith

- (a) Gen. 1.26.
- 27 c. 5. I.c. 9.
- 6.Ephes.4.24.
- Col.3 10.
- (b) Gen.2.7.
- (c) Psal.16.10.
- Psal.30 3. Psa.
- 34.22.Psal.72.
- 14.
- (d) 1 Cor.6.19.
- 22.
- (e) Luk.16.22
- (f) 1 Pet. 5.8.
- Job 1.7.
- (g) Psal. 49.7.
- S. Mat.16.26.
- Mar.8.36.

(b) Job. 4.19.  
2 Cor. 5.1.2.

(i) Gen. 2.7.c.  
3.19. c.18.27.  
Ecclef. 3.20.c.  
12.7. Job 4.19.  
(k) Isa. 3.18.10  
25. Rom. 13.  
13. 14. 1 Tim.  
2.9. 1 Pet. 3.  
3.4.5.

(l) Isa. 3.18.19  
20.21.22. Ezecl.  
27. 13. to 28.  
Ila. 23. 2.8.

(m) 1 Cor. 4.9.  
10. 14.2 Cor. 4.  
8. 9. 10. 11. 2.  
Chron. 36. 15.  
16. Mat. 33. 31.  
37. Act. 7.52.  
(n) Jam. 5.14.  
2 King. 1. 2.2.  
to 18.c. 7.8.9.  
(o) 2 King. 8.  
29.c.9.15.c.5.  
3.10 26. Mat. 4.  
1. c.8.16.c.12.  
15.22 c.15.30.  
c.19.2. Act. 2.8.  
9. Joh. 5. 3. to  
10.  
(p) Ephes. 2.1.  
2 Ezech. 16. 6.  
Psal. 38. 1. to  
12. Ila. 1.5.

Sith all my Vassels, made Me to attend,  
Make Me their slave, inforce Me still to bend  
To their unjust Commands, quite robbing Me  
Of their due Homage, my Regalite.  
Is not this Body wherein now I dwell,  
Nought But my Vassall, Casket, (b) House, or fbell?  
*Compaſt of (i) dūſt and Aſbes, things moſt base;*  
That it might not usurpe my ſupreme place:  
Yet loe this Rebell Slave dethrones me quite,  
No Part thereof but Robs me of my Right;  
Receiving more (k) Attendance, coſt, paines, Care  
*From moſt,* than I doe, though a Gennie moſt rare:  
How many hundred Trades, what Worlds I pray,  
Of Men by Sea and Land, both Night and Day,  
Are ſet on worke to Cloath the Backe, and feate  
The all-devouring Paunch, with more than  
neede?  
Have not the Head, Hands, Feete, Legges, Necke,  
nay Haire  
*Theiſr (l) ſeverall Trades to decke, make, keepe them*  
faire?  
Yet I poore Soule, among the Numberleſſe  
Vocations which theſe Baſer Parts Poſſeſſe,  
But one Profefſion have; in (m) moſt requeſt,  
*Leaſt minded, leaſt imployd of all the reſt:*  
Seldome regardeſt till the (n) fatal Houſe  
*Of deaſt, or Hell ſtand preſt me to devoure.*  
Is but the Body Pained, ill, or ſickie;  
A Member bruifed, hurt with Sword,Knife, pricke:  
Doe head, teeth, Stomacke, Armes, Legges, Fin-  
gers Ake,  
*Forbiſſith ſome good receipt Men ſeeke and take*  
*To eafe and cure them, making no delayes,*  
*And thinke no Coſt, Paines, Care miſ-ſpent theſe wayes:*  
Yet I (Alas!) not dayes but yeaſes oft lye  
Sickie, wounded, pained, (p) dead; nay Putrifie  
*Through*

1870

Through many soffred ulcers, wounds, cares, sores,  
Of horrid sinnes; yet (<sup>q</sup>) none my state deplores,  
Seeks out for cures, or once hastes to apply  
A salve to these my sores, through which I die,  
Yea, all the time, paines, care and little colt  
Beftow'd on Mee, by molt is deem'd but (<sup>r</sup>) lost.  
If but a little spot, durt, dust, or fly  
Light on the face, hands, cloathes, men presently  
Wash, rubbe, or wipe it off with much disdaine,  
Although it put them to some toyle, cost, paine:  
But I (<sup>O</sup> wretch) defil'd, stain'd, drench't through-  
out  
With filthy sinnes, which (<sup>f</sup>) Compasse mee about  
*And make mee loathsome in the sacred Eyes*  
Of God, whv (<sup>t</sup>) filth of sinnes most loathes, defies,  
Remaine unclean'sd, (<sup>v</sup>) unwash't from day to day;  
Till Hell surprise and sweep us cleane away.  
My varlet flesh, it's Pallate to delight,  
Repaſt must have each morning, mid-day, night,  
*Wherein all (<sup>x</sup>) sorts of beastes, ſoules, fruits, herbes, fish,*  
Sweet meates, vines, waters, drinkeſ, all heart can wiſe,  
Devoured are, to fat tht corpes which must  
Feed wormes at laſt, and moulder into dust;  
Meane while, poore I, for want of food divine  
To feed, refresh Mee, quite conſume, starve, pine;  
Or if I Word and Sacraments injoy,  
For want of faith and grace they mee (<sup>t</sup>) annoy,  
Not fat and nouriſh as they ought; whereby  
I (<sup>a</sup>) famiſh, perish, die eternally,  
The Backe, it's (<sup>b</sup>) divers change of ſuites must have  
Of Velvets, Silkes, Stuffes, Tiffes, Sattins, brave  
And new: Old Clothes, Raggis, Courſe, or meane  
Aray  
It ſcornes, and will be well clad every day:  
But I meane time quite ſtript, and (<sup>c</sup>) naked am  
Of all the Robes of Grace to hide my ſhame,

A a

Clad

(q) Isa. 65. 1.  
Rom. 9. 14, 5.  
16. Joh. 1. 10,  
11.

(r) Mal. 3. 14.

(f) Psal. 38. 4.  
Pſal 40. 12. Pſ.  
49. 5. Heb. 12.  
1. Isa. 1. 6.

(t) Hab. 1. 1. 3.  
(u) Isa. 1. 6. 16.

Jer. 4. 14.  
(x) Luk. 19. 19.

Gen. 9. 3. 1.  
Sam. 25. 11. 36.

Esther 1. 3. to  
10. Isa. 22. 13.

Amos 6. 4, 5, 6.

(y) Gen. 3. 19.

Ecclef. 3. 20.

c. 12. 7.

(z) 1 Cor. 11.

27. 19. 2 Cor.

2. 15. 16. Heb.

4. 2.

(a) Isa. 55. 1.

2. 3.

(b) Isa. 3. 18.

19. 20. Luk.

15. 19. Gen. 45.

22. 1 Pet. 3. 3.

4. 2 Sam. 1. 24.

Zeph. 1. 8.

Mat. 11. 8.

(c) Rev. 3. 17.

18.

(d) Rom. 13.  
14.Rev. 3: 18.  
Psal. 45.13,14.

(e) Ps. 90. 5,6.  
Ps. 103. 15,16.  
Isa. 40. 6,7,8.

(f) Esther. 1,3,  
to 12.2 Chron.  
7. 8. Amos 6.  
4,5,6. Job 21.  
11,12,13. Jam.  
5,5.

Clad onely with the filthy weedes of Vice,  
And Adams old Rags, which lost Paradise.

(d) New garments of Christ's merits, and true grace,  
Which may adorne mee, in so long a space,  
Are not once thought on, nor till backe and I  
Surpriz'd by death, in hell starke naked lye.  
What vast expences, labour, thoughts, time, care,  
Have backe and bellie? as if all things weare  
Created for them, and man onely made  
To cloth, and feed these, which like (e) grasse shall  
fade,

And perissh: yet how little time, paines, cost  
Are spent on Mee, by whichall's sav'd or lost?  
How many Houres, (f) Dayer, Nightis, and Teares are  
spent

In Eating, Drinking, Feasting, Complement,  
Vaine Chat, Sports, Visits, Pleasures of each kind,  
The flesh to pamper? whereas I scarce finde  
Amidst all these diversions, one dayes space,  
Or houre to fast, pray, weepe, read, sue for grace.  
How many daily the whole morning passe,  
And vainly spend, betweene the Combe and Glasse,  
In combing, frizling, powdring of their haire,  
And wanto n lockes, to make them seeme more  
faire?

No Locke, or haire must out of order stand,  
But sit in Print, and oft be view'd, curl'd, scand.  
Nay, which is strange, more cost, time, now is  
spent

Upon false Butches of bought excrement,  
(Which some preferre before their native fleece,) Than upon mee, mans honour, Master-peee;  
When this is done, the Backe, Necke, Feete, Hands,  
Fate,  
And other parts must have their severall space  
For to adorne them, so as halfe che day

Is spent well nigh, the body to array :  
And that but untill night, when all this pride,  
Attire is quite stript off, and laid aside,  
As if it never were. O fooles to walte  
Time in these toyes, which not one daies space last!  
Yet I neglected soule, whom to adorne  
And daily decke with grace mankind was borne,  
Untrimmed lie, no colt, time, paines are spent  
In decking mee, mans onely ornament.  
Gods word (the (g) Glasse, which daily shold descry  
My spots, Itaines, filth, and grosse deformity,  
Them to redresse, and helpe men to array  
Me with all Robes of grace which make mee gay,) (g) Jam. I. 23.  
Is most part shut close, seldome look't into  
For these good ends, and if that any doe  
Behold it now and then for custome sake,  
*The (i) Rule to dresse them by they'le not it make.*  
And though my sacred beauty, robes, array,  
Do never fade, waxe old, but last foc aye :  
Yea adde more lustre to my Baser part,  
The Flesh, then either nature or mans art  
Are able, causing it to (q) shine with raiess  
Of brightest glory, which shall last alwaies:  
Yet few or none spend halfe the time to dresse,  
Adorne Mee, which they wast with greediness  
Upon their bodies, faces, heads, lockes, backe,  
Themselves and Mee, without Gods grace, to  
wracke.

This being now my ruffull state ; O let  
Me here beseech all who have soules, to set  
Some tyme apart to Ponder my complaint  
Thus tendred to them, vnder which I faint.  
And that you may just Judges twixt us prove,  
Heare but a word or two, as you mee love.  
What is the body, but a loathsome Misse  
Of (l) dust and asbes, brittle as a glasse.

24, 25.

(i) 1 Pet. 3. 3,  
4. 5. 1 Tim. 2. 9,  
10.

(k) Dan 13. 3.  
Matth. 13. 43.

(l) Gen. 2. 7. c.  
3. 19. c. 18. 27.  
Job 4. 19. c.  
14. 1, 2, 3. Pi.  
103. 14. Psal.  
104. 29. Ec-  
cles. 3. 20. c 12.  
7.

(m) Psal. 102.  
15. Isa. 28. 1. 4.  
c. 40. 6, 7. Jam.  
1. 11. 1 Pet. 1.  
24.  
(n) Isa. 3. 18. 24.  
(o) Ps. 102. 11.  
Ps. 109. 23. Ps.  
144. 4. Job 8.  
9. c. 14. 2. c. 17.  
7.

*Soune crackt, and turne to rottennesse dung,clay,  
Though fed with dainties,clad with rich aray?  
What is the Facés,Beauty but a (m) floure  
Whicb fudry cb.ances blast within one houre,  
And so deformē,that mee abborre the sight  
Of that marr'd face which was our chiefe delight:  
At best,it is a comely glasse our (o) shade,  
Which sicknesse,Crosses,Age still cause to fade.  
What are our lockes,our curled brayds of haire,  
But excrements at best? not halfe so faire,  
As plumes of fudry birds or peacocks tailes,  
Though frizled,poudred,deckt with pearles,knots,  
vailes.*

And yet how many more proud,carefull are  
Of these vaine bushes,than their soules welfare?  
How many purchase heads of others haire,  
To mend Gods worke, and make them seeme more  
faire?

Spending more time, cost, thoughts on excrement,  
Than upon Mee mans onely ornament.

What is the belly but a filthy finke,  
Jakes which engenders nought but dung and stink?  
So noysome,that its sent offends the smell,  
Corrupts the aire,even when the body's well.  
What are the other members (head,hands,feete)  
But skin and bones? without my helpe unmeet  
For any use,yea let mee once withdraw

My selfe from the most faire corps, eyes ere saw,  
*It's beauty (p) fides, it's flesh to rottennesse*  
*Is turned, and all abhorre it's loathsomenesse.*  
What hath the flesh or body worthy love,  
Or praisē, but that which from mee first doth move?  
Let mee desert them,all their worth is lost,  
And wither'd like grasse nipt with winters frost.  
Why shoulde you then,(O fooles,bereft of fence)  
From day to day,betow so much expence,

(p) Psal. 39. 11.  
Psal. 49. 14.

Time,

Time, paines, thoughts, Care on these things which  
so base,  
Meane, fading are, neglecting Mee and grace ?  
In which your chiefeſt good, yea, all your blifſe  
Comprized are. If you judge not amiffe.  
If this prevale not, but you ſtill proceed  
Mee to negleſt, the fleſh to decke, ſerve, feed;  
Tell Mee, I pray you, when the diſmall day  
Of fickneſſe, death, or judgement, take away,  
And cite you to account, how you have ſpent  
Your golden dayes, for my uſe to you lent,  
What joy or comfort can y ou reape from all,  
Or any of those dayes, houres, which you ſhall  
Have thus miſpent on belly, backe, head, face,  
Haire, feaſting, paſtimes, pleaſures voyd of grace ;  
Or in the fleſh or bodies fervitude ?  
Which then will too too late be of you ru'd.  
Shall yee not then with sighs and teares lament,  
(And that in vain) the time you thus miſspent;  
Offering to give ten thouſand worlds, that you  
Had not bereft Mee, of the time, care, due  
To Mee alone, to fit Mee for that place,  
Of endleſſe blifſe, which I for want of grace,  
Shall then be thrallt from, and caſt into hell,  
In (9) fiery flames and torments ſtill to dwelle.  
Will not you then wiſh, you had never ſeenē  
This fleſh, this body, which to mee haue beene  
So traitorous, ſo unkinde, Mee to enthrall  
Unto their luſts, and ſpurre Mee into All  
That might undoe, damne, both them Mee, and  
you,  
And wee shall in hel's flames for ever rue ?  
If this be true : O then whiles life, time, ſpace,  
Ar left you to repente and ſecke for grace,  
Beawale what's paſt, and henceforth learne to be  
More loyall, kind, reſpectfull unto Mee.

g.) Mat. 25. 41.  
Mar. 9. 43, 45,  
46, 47. Rev. 19.  
20. C. 20. 10.

Save Mee, save all; lose Mee, and all is lost,  
 For ever with Mee; spend then all your colt,  
 Thoughts, paines, cares, dayes, on Mee; then shall  
 you (*r*)<sup>shine</sup>,  
*More bright than Starres, Moore, Sunne, with rayes*  
*divine*

(*r*) Dan. 12.3.  
 Match. 13.43. m

*In Chrifts owne kingdome, where you shall posſeſſe  
 Such endleſſe joyes, as no tongue can exprefſe.  
 If this will not perſwade you to amend,  
 I'le ceafe my *Plaint*, and here in ſilence end.*

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**FINIS.**

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 Tho. Wykes.

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